

Mexican Food Basics

Picking up a couple of these key items next time you're at the grocery store will ensure that you're prepared for an easy, healthy dinner whenever the mood for Mexican strikes!

- Green Pepper
- Red Pepper
- Chile Pepper
- Garlic
- Onion
- Sliced black olives
- Monterey Jack and/or Cheddar cheese, shredded
- Sour Cream (light or non-fat if you're staying health conscious)
- Flour tortillas (they stay fresh for longer than regular bread, and freeze well)
- Ground beef
- Skinless chicken breast
- Salsa
- Guacamole
- Chili Powder
- Taco Sauce
- Taco Seasoning Powder
- Black beans (canned)
- Refried beans (canned)