

Network for a Healthy California–Latino Campaign Offers Free Healthy Latino Cookbook

The Network for a Healthy California-Latino Campaign is offering a downloadable healthy Latino cookbook that provides family favorites that use a variety of colorful fruits and vegetables, while keeping the amount of fat, added sugars and sodium per serving within healthy guidelines. The recipes, which are low-cost and easy-to-make, include is spinach corn casserole, chicken and vegetables with mole sauce, and jicama piña breeze.

[Click here](#) to download the free cookbook.