

Workforce Health Kitchen: *Live*

Recipe of the Month: Build Your Own Taco Bowl

September celebrates Hispanic Heritage Month. Join registered dietitian Christine for a live cooking demonstration featuring customizable taco bowls. She will explore the role food plays in Hispanic and Latin cultures and how shared meals bring family and friends together to celebrate traditions, create memories and build community.



**September 15, 2026
12-12:30 p.m.**

Click here or snap the QR code
to Register on Webex
Password: Wellness1



**September 30, 2026*
4:30-5 p.m.**

Click here or snap the QR code
to Register on Webex
Password: Wellness1



*Christine will be joined by a special guest
from the LatinX community.

About your instructor:



**Christine Schlagenhauf,
RDN, CD**

Christine is a Registered Dietitian Nutritionist and coach with over 25 years of experience practicing and teaching a healthy lifestyle. She helps clients achieve their wellness goals through better eating and lifestyle modifications.

See full recipe on the next page.

Note: Participants attending as part of an employer's incentive program must individually register and join via web browser in order to receive credit for attending.

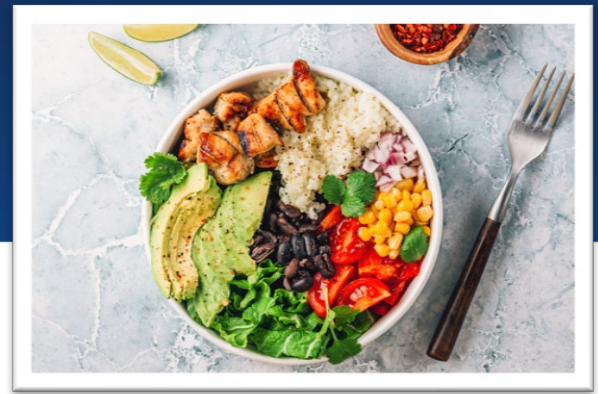


Workforce Health

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Build Your Own Taco Bowl

Customize your own colorful, culturally inspired bowl! This recipe is family-friendly and aligns well with a variety of dietary preferences and wellness goals.



Base options:

- Cilantro-lime rice (see recipe below)
- Cilantro-lime quinoa
- Cilantro-lime cauliflower rice
- Cilantro-lime mixed greens

Protein options:

- Lean ground beef
- Chicken
- Pork
- Seafood (such as shrimp)
- Plant-based/vegan option

Toppings and add-ins:

- Black or Pinto beans
- Roasted peppers and onions
- Fresh tomatoes
- Corn
- Avocado
- Cilantro
- Salsa or Pico de Gallo
- Lime wedges

Cilantro-Lime Rice Recipe Ingredients:

- 2 Tbsp. extra virgin olive oil
- 1 ½ cups rice (basmati, brown, etc)
- 1 clove garlic, minced
- 3 cups water
- 1 tsp. salt
- Finely grated zest of one lime
- 3 Tbsp. lime juice
- 1 cup lightly packed chopped cilantro

Optional: Swap rice for quinoa or another grain, cauliflower rice or mixed greens. Prepare grains according to package directions.

Directions:

1. Heat olive oil in a medium saucepan over medium-high heat. Add the rice and stir to coat. Cook, stirring occasionally, until lightly browned.
2. Add garlic and cook for 1 minute.
3. Add water, salt and lime zest. Bring to a boil, then cover and reduce heat to low.
4. Simmer undisturbed for 15 minutes (or according to package directions). Remove from heat and let stand, covered, for 10 minutes.
5. Fluff with a fork and gently stir in lime juice and cilantro.

Nutritional facts per 3/4-cup serving rice (bowl nutrition facts vary with ingredients):

Calories: 230 • Fat: 5g • Sodium: 360mg • Carbohydrates: 43g • Dietary Fiber: 1g • Protein: 4g

Simplyrecipes.com and Workforce Health Registered Dietitians



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