

Latina

STAY CONNECTED TO YOUR CULTURE

**GLAM
STYLE
REINVENTED**

→ THE LOOKS
WE'RE LOVING
NOW

NAYA
RIVERA

GLEE'S BREAKOUT
STAR GETS READY FOR
HER NEXT BIG MOVE

EXCLUSIVE:
LATINA VISITS
JUANES
AT HOME

**OUR FIRST EVER
BEAUTY SURVEY!**

WHAT YOU LOVE!
WHAT YOU CRAVE!
+ PRODUCT
PICKS JUST
FOR YOU

THE
IMPORTANT
ADVANTAGE
IMMIGRANT
FAMILIES
HAVE AND
WHAT IT
CAN TEACH
US P. 122**

**READ
THIS
BEFORE
YOU
MOVE
IN WITH
HIM
P. 82**

**REMEMBERING
SELENA**
CHRIS PEREZ
WRITES ABOUT HIS
SUPERSTAR WIFE
FOR THE FIRST TIME

Latina.com MAY 2012

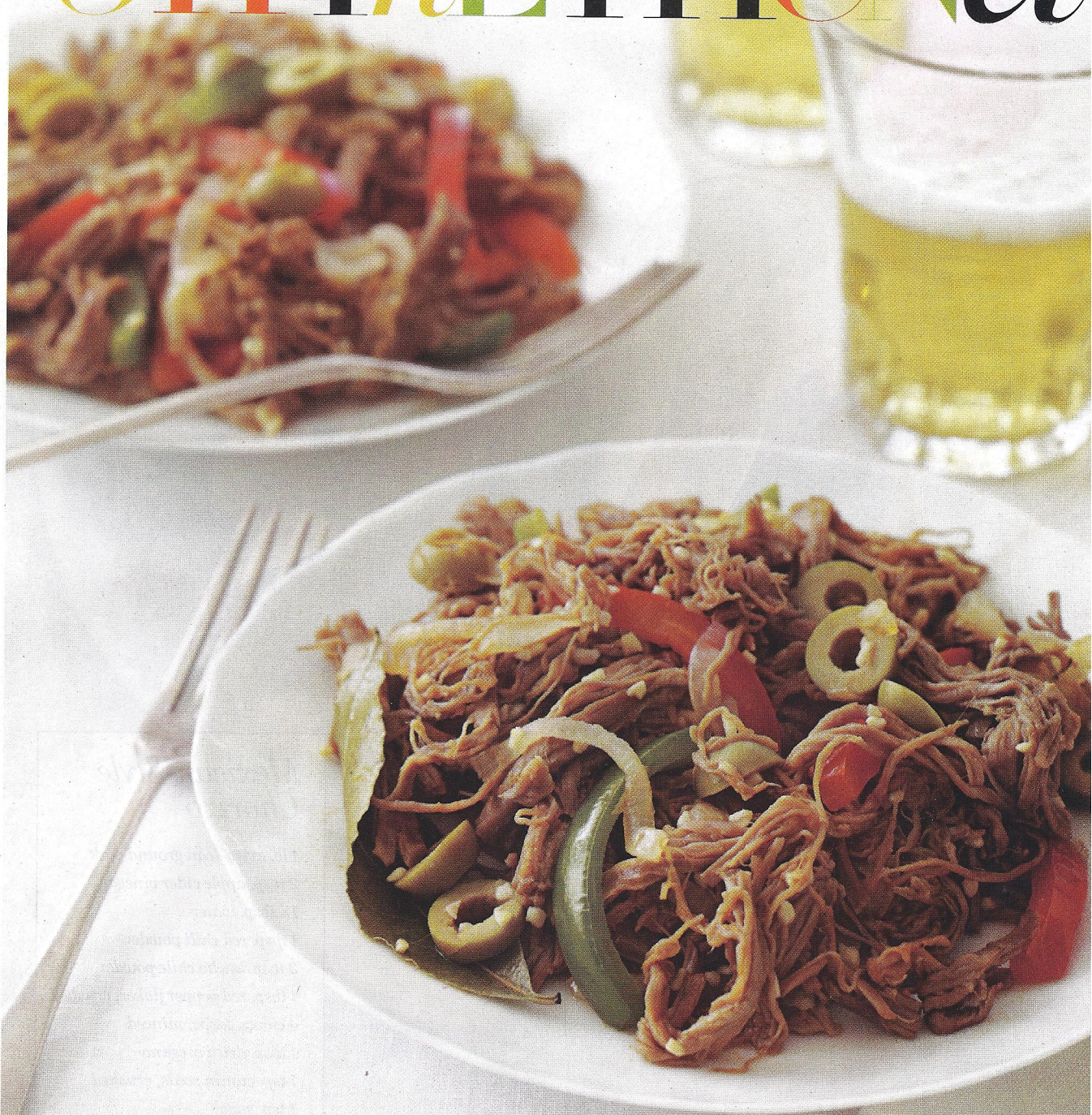
\$3.95

05>



0 75470 18760 5

On The menu



Lighten Up!

WITH THESE TRADITIONAL DISHES
MADE LIGHTER, THE ONLY THING
YOU'RE GIVING UP IS EXTRA CALORIES.

TIP:

Extra-lean meats and less fat and sugar were key to making these recipes scale-friendly.



Mexican-Style Chorizo

- 1 lb. extra-lean ground pork
- 2 tbsp. apple cider vinegar
- 1½ tbsp. water
- 1 tbsp. red chili powder
- 2 tbsp. ancho chile powder
- 1 tbsp. red pepper flakes, crushed
- 4 cloves garlic, minced
- 1 tbsp. dried oregano
- 1 tsp. cumin seeds, crushed
- 1 tsp. sugar
- ½ tsp. black pepper
- 2½ tsp. salt
- Corn tortillas, warmed

Place all ingredients except tortillas in food processor and pulse to combine. Transfer to skillet coated with cooking spray and cook over medium heat until no longer pink, 12 to 15 minutes. Serve with tortillas.

Makes 4 servings.

Calabacitas con Elote

- 2 large tomatoes, seeded and diced
- 1 Mexican squash, sliced ½ inch thick
- ½ cup canned corn, drained
- 1 tsp. butter (optional)
- ¼ cup Monterey Jack cheese, sliced

BAKING METHOD: Preheat oven to 375°F. Combine vegetables and butter, if using,

in baking dish. Top with cheese. Transfer to oven and bake 15 minutes.

STOVETOP: Combine vegetables and butter, if using, in nonstick sauté pan over medium-high heat. Cook 5 minutes, stirring occasionally, until vegetables are warm but still firm. Top with cheese and cook 3 minutes more.

Makes 3 servings.