Being healthy means being active every day, whether it’s at home, with your family, or in your community. Find your healthy by being active your way.

**My Home**
- Be a good role model for your kids and set the healthy example for your family
- Start walking your way to a healthy lifestyle

**My Kids**
- Limit screen time and get active as a family
- Encourage your kids to play and to try new activities

**My Neighborhood**
- Enjoy the Arizona outdoors! Visit a local park or go on a family hike
- Join community clubs or programs like sports, exercise, gardening, walking or dance

For tips and places to be active near you, visit AZHealthZone.org

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### Chorizo Slaw Tacos

**Ingredients**
- 4 cups red cabbage, thinly sliced
- 1 cup fresh cilantro leaves, remove stems
- 3 tablespoons white vinegar, divided
- 2 tablespoons olive oil, divided
- ½ teaspoon salt, divided
- 1 pound lean ground turkey

- 1 tablespoon paprika
- 2 teaspoons ground cumin
- ½ teaspoon ground pepper
- 6 cloves garlic, finely chopped
- 8 6-inch corn tortillas
- Cooking spray

**Directions**
1. Wash hands with soap and warm water.
2. In a medium bowl, combine cabbage and cilantro.
3. In a small bowl, combine 1 tablespoon vinegar, 1 tablespoon oil and ¼ teaspoon salt and pour over cabbage mixture; toss and set aside.
4. Heat a large frying pan over medium-high heat. Add turkey and cook until brown.
5. In a small bowl, combine left over vinegar, oil, paprika, cumin, pepper, garlic and salt. Pour into pan with turkey.
6. Cook 2 minutes or until turkey reaches 165°F.
8. Top each tortilla with meat filling and top with slaw and serve.

Makes 4 servings

### Nutrition Facts per serving
- Calories: 370
- Carbohydrates: 37 gm
- Protein: 32 gm
- Total Fat: 11 gm
- Saturated Fat: 1 gm
- Trans Fat: 0 gm
- Cholesterol: 45 mg
- Dietary Fiber: 5 gm
- Total Sugars: 3 gm
- Sodium: 450 mg
- Calcium: 61 mg
- Folate: 16 mcg
- Iron: 3 mg
- Calories from Fat: 27%

Recipe Courtesy of Team 4 Nutrition

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