



HEALTHCARE EXCLUSIVE



TAKE YOUR MENU TO MEXICO AND SOUTH AMERICA

Bring trending global flavors into your cafeterias and cafes, starting with two staples from Mexico and South America: guajillo chiles and quinoa. Both ingredients are hot right now and have health benefits you can highlight.

First, let your taste buds travel to Jalisco, Mexico with the tangy, smokey flavor of guajillo chiles, then borrow some ancient wisdom from northeast South America by enjoying the versatility and healthful qualities of quinoa. Learn more about these foods and how to serve them below!

NEW TREND: GUAJILLO CHILES



Guajillo chiles are the dried form of mirasol chiles. They're medium-spicy, ranging anywhere from equal to jalapenos to three times milder. Their spice comes from capsaicin, which has many health benefits, such as improving heart health and metabolism.¹

Interest in guajillo chiles has been steadily rising for the past few years, and it's now increasing even faster with Americans' newfound love of birria. Though birria is traditionally served as a stew made with guajillo chiles, food trucks and trendy restaurants started selling it in the form of delicious birria tacos.

Because the tacos have a tangy, smokey flavor, you don't need to add cheese or sour cream to enhance them. Our chefs made a birria tacos recipe with fresh vegetables and chicken instead of beef or mutton so you can serve a diet-approved meal. Click the "Learn More" button to see our other research and menu ideas for birria.

[TRY THIS RECIPE](#)

[LEARN MORE ABOUT BIRRIA](#)

ESTABLISHED TREND: QUINOA

Quinoa has been a grain alternative for healthy eaters since the 1970s, and it became more popular after the UN declared 2013 the "International Year of Quinoa" to thank the Andean people who've preserved their quinoa growing practices for generations.²

Today, quinoa can be found in many mainstream dishes. Because most of your patrons have either tried quinoa or are familiar with seeing it in supermarkets and fast food restaurants, now is the time to include it in salad applications on your menu. Call out its many health benefits, such as being gluten free and high in protein.

Download the recipe for this Southwest Quinoa Salad or click the "Learn More" button below to see our other research and menu ideas for quinoa.

[TRY THIS RECIPE](#)

[LEARN MORE ABOUT QUINOA](#)



Source 1: Penn Medicine's "Spice Up Your Life: The Health Benefits of Spicy Foods." 2019
Source 2: Food and Agriculture Org of the UN's "International Year of Quinoa." 2013



VERSATILE CHICKEN FOR ANY TREND

Have some chicken staples on hand that can keep up with changing trends.



PULLED & SHREDDED
CHICKEN



DICED CHICKEN



CHICKEN FILLETS



www.brakebush.com

© Brakebush Brothers, Inc.
N4993 6th Drive, Westfield, WI 53964 | 800.933.2121
Click [here](#) to unsubscribe or to change your Subscription Preferences.