

# MIND diet friendly Cinco de Mayo recipes

04/21/2025

## Cinco de Mayo Recipes

Cinco de Mayo foods

Cinco de Mayo is celebrated on May 5th in celebration of the Mexican army's victory over France at the Battle of Puebla in 1962 during the Franco-Mexican War. In the U.S., [this holiday is celebrated as a commemoration of Mexican culture.](#)

**Below are some MIND diet friendly recipes from [Ageright.org](#) for this holiday:**

[Shrimp tacos](#)

[Chili lime swordfish with roasted corn salsa](#)

**and from the [Cleveland Clinic](#):**

[Avocado and Black Bean Salad](#)

[Blueberry jalapeno salsa](#)

[Salmon with mango salsa](#)

[Roasted Cauliflower tacos](#)

**and from the [Official MIND diet webpage](#) recipe bank:**

[Summer Taco Bowls](#)

[Turkey chili](#)