



## Hidalgo County Commissioners Court

**Richard F. Cortez**  
*County Judge*

**David L. Fuentes**  
*Commissioner, Precinct 1*

**Eduardo "Eddie" Cantu**  
*Commissioner, Precinct 2*

**Joe M. Flores**  
*Commissioner, Precinct 3*

**Ellie Torres**  
*Commissioner, Precinct 4*

## OFFICE OF COUNTY JUDGE RICHARD F. CORTEZ

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## NEWS RELEASE

**FOR IMMEDIATE RELEASE**  
Thursday, September 19, 2019

### **Cena Esta Noche features healthy low-budget recipes and cooking demonstrations for the community**

**SAN CARLOS** –Providing Hidalgo County residents with an alternative way to cook their favorite recipes was the goal behind the Cena Esta Noche (Dinner Tonight) event held at the Precinct 4 Endowment Center on Sept. 16.

Texas A&M Agrilife Extension Service partnered with the office of Precinct 4 Commissioner Ellie Torres for this free cooking event that featured healthy low-budget recipes of popular dishes to cook at home, such as Mexican rice and pollo con calabaza.

"We were excited to partner with Precinct 4 to bring Cena Esta Noche to the San Carlos community," said County Extension Educator Andrea Valdez. "Our goal was to demonstrate that the cultural foods we love can be made in a healthier way and still be just as delicious!"

More than 150 residents filled the center to watch the free cooking demonstrations led by guest chefs Commissioner Ellie Torres, Community Health Worker Lorena Arrevalo, Texas A&M Agrilife Extension Healthy South Texas Specialist David Leal, and Program Coordinator Linda Ramirez.

"We had a tremendous response to the event and received a lot of positive feedback," said Torres. "We hope to continue partnering with local community agencies to bring more healthy events to our residents."

Attendees were able to sample all of the food being prepared and took home goodie bags courtesy of the Food Bank RGV, Edinburg Fire Department, Edinburg Police Department, Dustin Michael Sekula Memorial Library, Sun Loans in Elsa, Rio Bank in Elsa, TxDOT, and the Texas Department of Agriculture.

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**PHOTO L-R:** Texas A&M Agrilife Extension Healthy South Texas Specialist David Leal, Pct. 4 Commissioner Ellie Torres, Telemundo News Anchor Yulieth Botello, and County Extension Educator Andrea Valdez.

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*Hidalgo County is home to one of the fastest growing regions in the nation. We provide health and justice to the over 800,000 residents of our county. We strive to be accessible and responsive to our citizens by providing excellent public service through the values of leadership, transparency, fairness, collaboration, respect and fiscal responsibility. Follow our social media feed at [www.co.hidalgo.tx.us/followus](http://www.co.hidalgo.tx.us/followus)*