<b>Building Healthy Families:</b>	
Step by Step	Goal Setting
Parenting Tips Nutrition	

## Stretching Your Food \$\$\$ Recipes

Mexican Piñata Salad

Yields: 10 servings

- pound extra lean ground beef, browned and drained 1
- 2 medium tomatoes, diced
- 1 medium lettuce, chopped
- <sup>1</sup>/<sub>2</sub> cup reduced fat cheddar cheese, grated
- 2 cups pinto beans, prepared or canned

baked whole wheat tortilla chips for dipping (optional) garlic, salt and pepper to taste

- 1. Brown ground beef in skillet and drain thoroughly.
- 2. Season beef with garlic, pepper and salt, to taste.
- 3. Chop lettuce, dice tomatoes and grate cheese.
- 4. Layer beans, meat, lettuce, tomatoes and cheese in a salad bowl, do not toss.
- 5. Serve immediately.

Per serving (excluding unknown items): 174.8 Calories; 8.9g Fat (45.5% calories from fat); 14.1g Protein; 9.8g Carbohydrate; 34mg Cholesterol; 283mg Sodium. MyPyramid: 1/2 Grain (Starch); 1<sup>1</sup>/<sub>2</sub> Lean Meat; <sup>1</sup>/<sub>2</sub> Vegetable; 1 Fat.



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## **Create a Casserole**

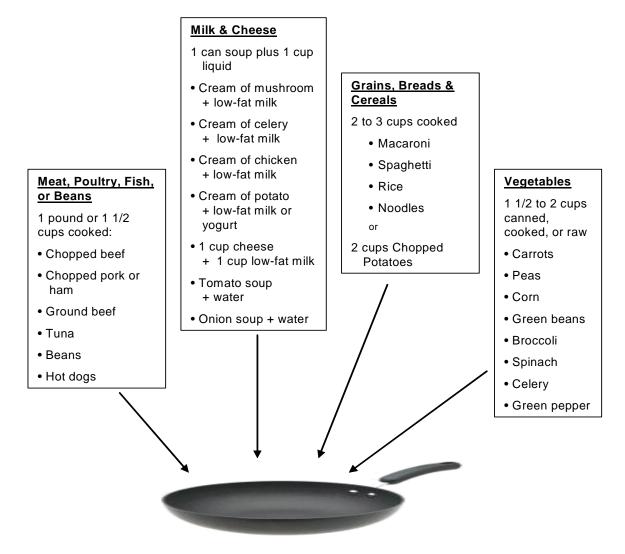
Here is a simple recipe for a skillet meal. Use leftovers or canned food to make this recipe. Makes 4 to 6 servings.

Step 1. Choose one food from each of the four food groups. Stir together in a skillet.

Step 2. Season to taste with salt, pepper, chili powder, or soy sauce.

Step 3. Bring to a boil.

Step 4. Reduce heat to lowest setting. Cover pan and simmer 30 minutes until pasta or rice is tender.



Adapted from Expanded Food and Nutrition Program, Purdue University