



Stretching Your Food \$\$\$ Recipes

Mexican Piñata Salad

Yields: 10 servings

- 1 pound extra lean ground beef, browned and drained
- 2 medium tomatoes, diced
- 1 medium lettuce, chopped
- ½ 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: ½ Grain (Starch); 1½ Lean Meat; ½ 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.

