RECIPE

Tasty Taco Rice Salad

azhealthzone.org/recipes

Ingredients

1 Tbsp chili powder

1 pound lean **ground beef**

3 cups tomatoes, chopped

1.5 cups **brown rice**, cooked 1 seeded **ialapeño**, finely chopped

2 cups water

2 cups spinach or romaine lettuce

1 cup onion, chopped

1.5 cups low-fat **cheese**, shredded

Directions

1. Cook ground meat in a large pan until brown (160° F). Drain fat.

2. Add rice, water, onion, and chili powder to meat in pan .Cover.

3. Simmer over low heat about 15 minutes to cook rice.

4. Add tomatoes and jalapeño. Heat for 2-3 minutes.

5. Plate layers of spinach or romaine lettuce, rice mixture, & cheese.

Nutrition Calories 191

Carbohydrates 19 q

Yield 8 servings Total Fat 4.5q

Serving Size 1.5 cups Saturated Fat 2g

Fiber 2q

Sodium 260mg

Protein 18.8a

Watch us make this recipe at stlawrence.cce.cornell.edu



Connect with us & find your

local office at: snapedny.org

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. To find out more about SNAP benefits, contact 1-800-342-3009

Supplemental Assistance Program Putting Healthy Food

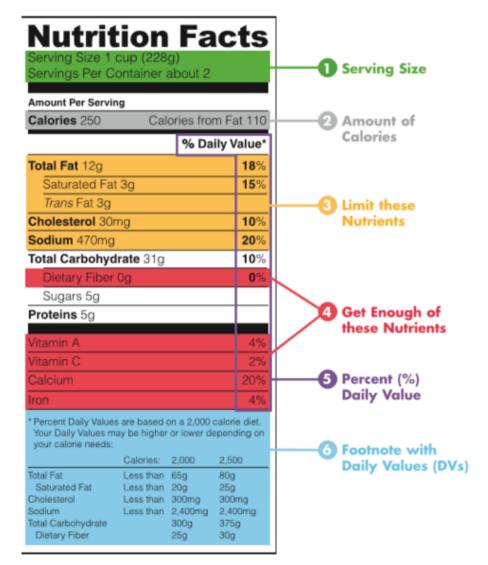
or visit mybenefits.ny.gov

Cornell Cooperative Extension St. Lawrence County

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SNAP-ee!

Checking Out Nutrition Facts



or educational purposes only. This label does not meet the labeling equirements described in 21 CFR 101.9.

Photo supplied by the FDA

Snack Food Scavenger Hunt

Look at the nutrition facts labels on foods in your home.

Go on a scavenger hunt and find these foods as fast as you can.

You can do this yourself or challenge someone.

Then write down what foods you find.

Find a food that has...

- Less than 500 mg of sodium
- 10 or more grams of dietary fiber
- 0 grams of saturated fat
- 1,200 mg or more of sodium
- 0 grams of dietary fiber
- More than 3 grams of saturated fat

The **Nutrition Facts label** on food packages can give you helpful information about what's inside.

Look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

Most prepackaged foods have a food label, however raw produce such as fruits, vegetable and fish may not have a food label.

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ving size 1 medium (18	32
unt Per Serving	
lories 10	
% Daily \	Valı
Fat 0g	0
turated Fat 0g	0
ans Fat 0g	
esterol 0mg	C
um 0mg	0
Carbohydrate 25g	9
etary Fiber 4g	14
tal Sugars 19g	
Includes 0g Added Sugars	0
ein < 1g	1
Includes 0g Added Sugars	and