

RECIPE

Tasty Taco Rice Salad

azhealthzone.org/recipes

Ingredients

- 1 pound lean **ground beef**
- 1.5 cups **brown rice**, cooked
- 2 cups **water**
- 1 cup **onion**, chopped
- 1 Tbsp **chili powder**
- 3 cups **tomatoes**, chopped
- 1 seeded **jalapeño**, finely chopped
- 2 cups **spinach** or **romaine lettuce**
- 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 **Yield** 8 servings **Serving Size** 1.5 cups
Calories 191 **Total Fat** 4.5g **Saturated Fat** 2g
Carbohydrates 19g **Fiber** 2g **Sodium** 260mg **Protein** 18.8g

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** or visit mybenefits.ny.gov



Cornell Cooperative Extension
St. Lawrence County

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SNAP-ee!

Checking Out Nutrition Facts

Nutrition Facts

Serving Size 1 cup (228g)
 Servings Per Container about 2

Amount Per Serving
Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

For educational purposes only. This label does not meet the labeling requirements 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.

One medium apple



Nutrition Facts

1 servings per container	
Serving size	1 medium (182g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein < 1g	1%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.