



Food Group Focus: Go Lean with Protein

15 Minute Chili

The beans in this recipe help extend the meat and add fiber, vitamins and minerals.

1 lb. ground turkey or lean ground beef	1 can (28 oz.) stewed tomatoes
1 cup fresh or frozen chopped onions	1 tablespoon chili powder
1 can (16 oz.) pinto beans, drained & rinsed	1 tablespoon cumin powder
1 can (16 oz.) kidney beans, drained & rinsed	1/2 cup salsa

1. In a large pot, brown turkey with chopped onions. Add tomatoes and chop tomatoes with spoon breaking into small pieces.
2. Add seasonings and salsa to turkey mixture. Stir in drained, rinsed beans.
3. Cook until hot.

Makes 10 cups. *Per cup: 186 calories, 14 gm protein, 22gm carbohydrate., 7gm fiber, 5gm fat, 36 mg cholesterol., 75gm calcium, 3.3 mg iron, 456 mg sodium.*

Tasty Tuna Patties

2 cups soft bread crumbs	dash pepper
1/3 cup fresh or frozen chopped onions	1 tablespoon dried parsley flakes
2 cups flaked tuna	1 whole egg plus 1 egg white
1 tablespoon lemon juice	1/2 teaspoon dill
1 teaspoon onion powder	1 tablespoon vegetable oil

1. Drain tuna, flake. Combine all ingredients except oil, shape into 6 patties.
2. Spray nonstick skillet with nonstick spray, add oil. Heat on medium and cook patties until golden brown. Turn patties at least once.

Makes 6 servings. *Per serving: 146 calories, 16 gm protein, 9 gm carbohydrate, 1 gm fiber, 4 gm fat, 57 mg cholesterol, 27 mg calcium, 1 mg iron, 280 mg sodium.*

Serve with: cucumber dill sauce (below) on a multi-grain bun, cooked spinach and fruit cup.

Cucumber Dill Sauce Mix together 1 cup plain nonfat yogurt, 1 TB. lemon juice, 1 tsp. dill, 1 tsp. Dijon mustard, 1/4 cup finely chopped cucumber, 1/4 cup finely chopped green onion.

Chessa's Tex Mex Salad

1 can (19oz.) kidney beans drained and rinsed	1 tomato, chopped
1 can (16oz.) can chick peas, drained and rinsed	1 green pepper, chopped
1 can (8oz.) corn, drained and rinsed	1 cup baked tortilla chips, smashed
1/2 red onion, chopped	lettuce, shredded
1 cucumber, peeled, seeded & chopped	fat free Catalina salad dressing

1. Mix all ingredients except tortilla chips.
2. Toss with salad dressing and sprinkle with chips.

Makes about 10 cups or 6 servings. *Per serving (without dressing): 150 calories, 9.5g protein, 39g carbohydrate, 1.5gm fat, 11g fiber, 0 g cholesterol, 42 mg calcium, 1.6mg iron, 170 mg sodium.*