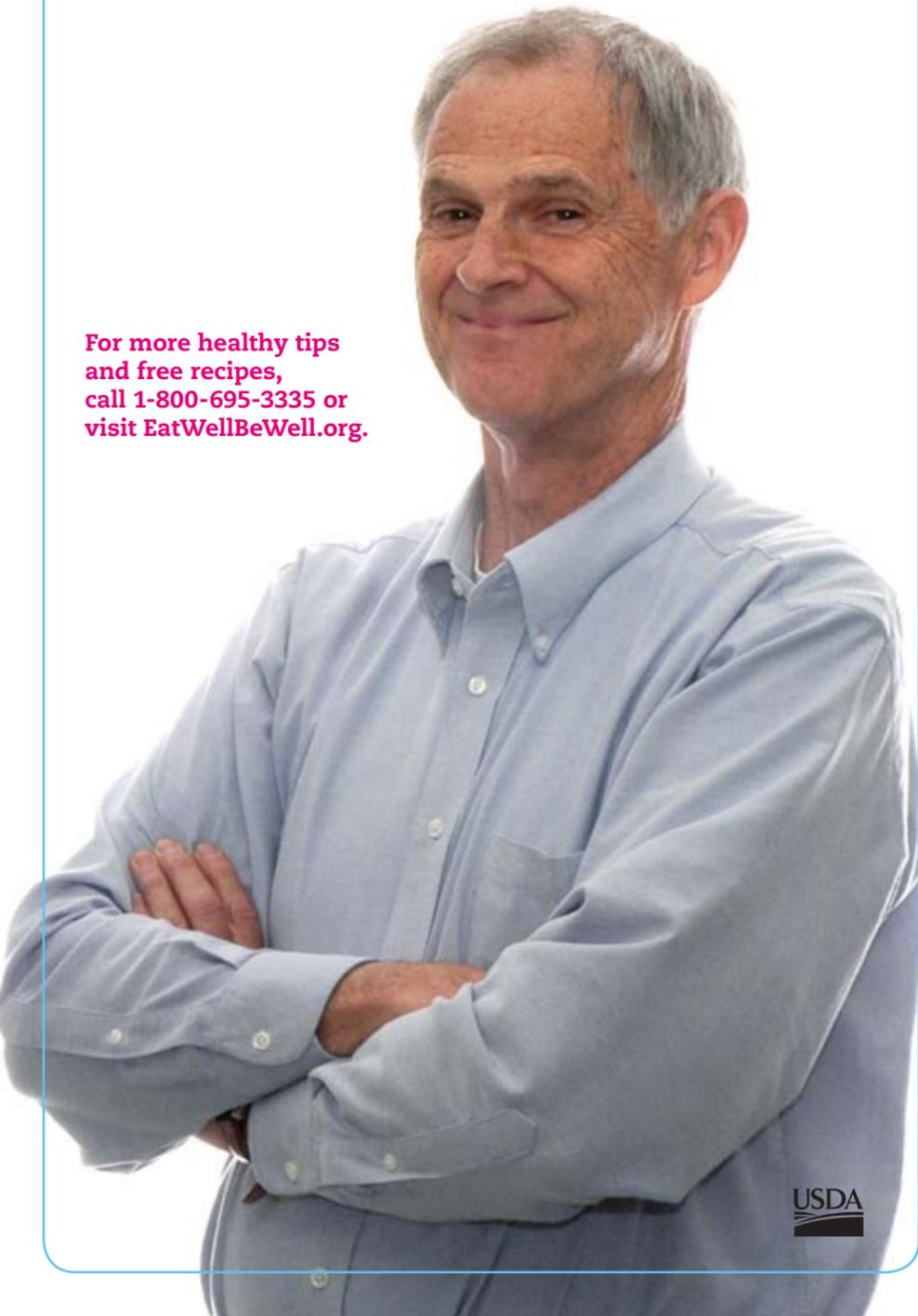


healthy proteins

BULLETIN



For more healthy tips and free recipes, call 1-800-695-3335 or visit EatWellBeWell.org.



This material was developed by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-3401. This institution is an equal opportunity provider and employer. ASNN 4/11.

15-Minute Chili



Ingredients

- | | |
|-------------------------------|--|
| 1 large onion, chopped | 1 Tablespoon cumin |
| 1 pound lean ground beef | 1/2 cup salsa |
| 1 can (28 oz) stewed tomatoes | 1 can (16 oz) pinto beans, drained and rinsed |
| 1 Tablespoon chili powder | 1 can (16 oz) kidney beans, drained and rinsed |

Makes 10 servings,
1 cup each

Nutrition Facts

per serving	
calories	173
carbohydrates	22 gm
protein	15 gm
total fat	2 gm
saturated fat	1 gm
trans fat	0 gm
cholesterol	24 mg
fiber	7 gm
sodium	286 mg
calcium	40 mg
folate	33 mcg
iron	2 mg
total sugars	4 gm
calories from fat	12 %

Directions

1. Wash hands with warm water and soap.
2. In a large pot, brown beef with chopped onions on medium heat. Add tomatoes and break into small pieces with a spoon.
3. Add chili powder, cumin and salsa to beef mixture. Stir in beans.
4. Cook until hot and serve immediately.

Recipe adapted from Sparkpeople.com

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Get More Healthy Proteins

- Add a sliced hardboiled egg to a salad.
- Put a small handful of nuts, like peanuts and walnuts, in baggies for on-the-go snacks.
- Spread canned chunk light tuna onto whole wheat crackers.
- Eat hummus, made from chickpeas, with whole wheat pita bread.
- Eat cooked dry beans and peas and peanut butter – inexpensive foods that have lots of protein.



TIPS & FACTS

- It's not necessary to rinse or wash meat or poultry before cooking. Doing so can lead to cross contamination of foods which can cause illness. Just be sure to cook meats and poultry thoroughly.
- Use a meat thermometer to make sure meats and poultry are fully cooked.
- Don't defrost at room temperature. Thaw meats, poultry and fish in the refrigerator, in cold water sealed in an airtight container, or on a plate in the microwave.

The food safety information above and more like it can be found at www.homefoodsafety.org.

TIME & MONEY SAVERS

- **Save money:** Plan your shopping list in advance; check your kitchen to see what you already have; shop during store sales and use coupons.
- **Save time:** Cook meals for the entire week all at once and freeze portions for later; try one-dish meals like casseroles or beans (they cost less and stretch your food dollar); use frozen leftovers to help make your next meal.

In the Know

WHAT IS PROTEIN?

- Protein is a nutrient with many functions, like building bones, muscles and skin.

WHY SHOULD YOU CHOOSE HEALTHY PROTEINS?

- They are lower in saturated fat, and can help reduce your risk of illnesses like heart disease.
- They have important nutrients like B vitamins, iron, vitamin E and healthy fats.

YOUR GUIDE TO CHOOSING HEALTHY PROTEINS:

- **Dry beans and peas:** Black, pinto, white and kidney beans; chickpeas; black-eyed and split peas; lentils
- **Fish:** Canned pink salmon (plain and in water), salmon filet, trout, herring, canned chunk light tuna (plain and in water)
- **Poultry:** Chicken and turkey, skin and fat removed
- **Nuts and seeds:** Peanuts, almonds, walnuts, flaxseed, peanut butter, sunflower seeds
- **Lean ground meats:** The package will say lean or extra lean
- **Lean cuts of beef:** Round steak, top sirloin, chuck shoulder, arm roasts
- **Eggs:** Whole boiled egg, scrambled egg whites
- **Lean cuts of pork:** Pork loin, tenderloin, ham
- **Low-fat lunch meats:** Sliced turkey or sliced chicken breast