

# Cowboy Baked Beans

Serves 8 | ½ c serving

## Nutrition Information

Calories: 131 Sodium: 332mg Carbohydrate: 18g

## Ingredients

- ½ lb ground beef
- ½ small onion, diced
- 3 Tbsp brown sugar
- 3 Tbsp ketchup
- 1 Tbsp BBQ sauce
- 1 can (14.5 oz) low-sodium diced tomatoes
- 1 can (16 oz) vegetarian baked beans
- 2 tsp chili powder
- ¼ tsp garlic powder
- ½ tsp salt



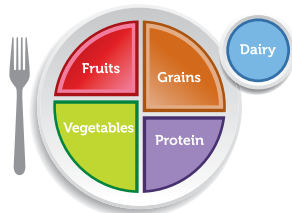
## Directions

1. Preheat oven to 400° F.
2. Brown ground beef with diced onions over medium heat. Drain ground beef-onion mixture.
3. Combine remaining ingredients with ground beef-onion mixture in baking dish. Mix well and cover.
4. Bake at 400° F for 25-30 minutes.

## Additional Information

Eating a mix of foods from the food groups is important to promote health. The MyPlate icon is a reminder to make healthy choices from each of the five food groups. Vegetables are organized into subgroups based on their nutrient content. The vegetable subgroups include *dark green, red and orange, beans and peas (legumes), starchy, and other.*

Foods in the *beans and peas (legumes)* subgroup are an excellent source of protein. They provide nutrients such as iron, zinc, potassium and folate. In addition, they are an excellent source of dietary fiber. Vegetables in this subgroup include black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, and refried beans.



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# Rainbow Carrot Crunch

Serves 8 | ½ c serving

## Nutrition Information

Calories: 24 Sodium: 7mg Carbohydrate: 4g



## Ingredients

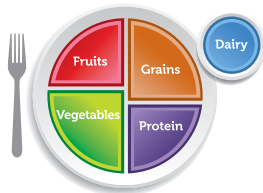
- 3 medium carrots  
(rainbow variety looks best)
- ¾ c fresh spinach, trimmed
- 2 Tbsp raisins
- 2 Tbsp orange juice
- 2 tsp cider vinegar
- 1 tsp sugar
- 2 tsp vegetable oil

## Directions

1. Wash, peel, and shred carrots.
2. Wash spinach and rip leaves in half.  
Add to carrots.
3. Mix in raisins.
4. In a separate bowl, whisk orange juice, vinegar, sugar, and oil.
5. Pour dressing over the carrot mixture and toss. Serve immediately.

## Additional Information

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Foods in the *red and orange* subgroup are an excellent source of beta-carotene, which is turned into vitamin A. In addition, foods in this subgroup are good sources of potassium and vitamin C. Vegetables in this subgroup include carrots, pumpkin, red peppers, sweet potatoes, tomatoes, and winter squash (e.g. acorn and butternut).



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# Sweet & Sour Broccoli Salad

Serves 8 | ½ c serving

## Nutrition Information

Calories: 42 Sodium: 22mg Carbohydrate: 6g



## Ingredients

- 3 large broccoli stalks  
(3 c broccoli florets)
- 1 medium apple
- 1 lemon, juiced (¼ c lemon juice)
- 2 Tbsp cider vinegar
- 1 Tbsp olive oil
- 2 Tbsp sugar
- 1 tsp Dijon mustard

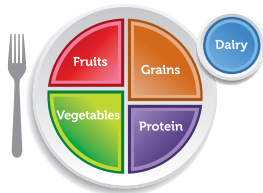
## Directions

1. Wash broccoli and trim if needed.
2. Wash apples and core. Leave peel on. Thinly slice apples using a food processor. Alternatively, chop or shred. Combine sliced apples in a bowl with broccoli.
3. In a separate bowl, whisk remaining ingredients together.
4. Pour dressing over broccoli apple mixture. Chill in refrigerator before serving.

## Additional Information

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Foods in the *dark green* subgroup are an excellent source of vitamin K. They also provide nutrients such as calcium and folate and are great sources of vitamins A and C. Vegetables in this subgroup include arugula, bok choy, broccoli, collard greens, kale, mustard greens, spinach, Swiss chard, red leaf lettuce, romaine lettuce, and watercress.



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# Tropical Bean Salsa

Serves 6 | ½ c serving

## Nutrition Information

Calories: 56 Sodium: 125mg Carbohydrate: 12g



## Ingredients

1 c canned black beans

1½ c mango\*, diced

½ c red bell pepper, diced

1 Tbsp cilantro, chopped

1 Tbsp lime juice

\* Mango could be replaced with fresh or frozen and thawed cantaloupe, peaches, pineapple, or papaya.

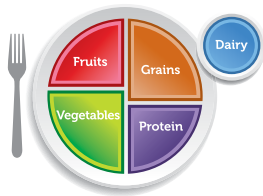
## Directions

1. Drain and rinse black beans.
2. In a medium bowl, mix together black beans, mango, and red pepper.
3. Add lime juice, cilantro, and toss.
4. Serve with tortilla chips or on tacos.

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Foods in the *beans and peas (legumes)* subgroup are an excellent source of protein. They provide nutrients such as iron, zinc, potassium and folate. In addition, they are an excellent source of dietary fiber. Vegetables in this subgroup include black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, and refried beans.



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