

My Recipe Rice and Bean Bake

Serves: 8

Ingredients:

- Nonstick cooking spray
- 1 can (14 ounces) tomatoes with green chiles
- 1 cup fat free sour cream
- 4 cups cooked white rice
- 1 can (15 ounce) beans, drained and rinsed
- 6 ounces reduced fat cheddar cheese, grated
- 2-3 tablespoons jalapeno peppers, chopped

Directions:

1. Wash hands thoroughly with warm water and soap.
2. Preheat oven to 350°. Lightly coat 2-quart baking dish with non-stick cooking spray.
3. In small bowl, combine tomatoes and sour cream. Set aside.
4. Mix cooked white rice and beans.
5. Layer half of rice and beans, half of tomato-sour-cream mixture, and half of cheese. Repeat layers.
6. Bake for 35-40 minutes or until cheese is lightly browned and casserole is bubbly.

Nutrition information per serving: calories, 247; carbohydrate, 38g; protein, 13g; fat, 5g; saturated fat, 3g; cholesterol, 17mg; fiber, 3g; sodium, 467mg; calcium, 285mg; percent calories from fat, 17%.
•This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-352-8401. This institution is an equal opportunity provider and employer.



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My Recipe Tom Ato Pasta

Serves: 8

Ingredients:

- 2 1/2 cups macaroni, shell or other pasta
- 1/2 cups sliced celery
- 1 1/2 cups fat free plain yogurt
- 1 cup chopped green onion
- 2 tablespoons spicy mustard
- 3 tomatoes, chopped

Directions:

1. Wash hands thoroughly with warm water and soap.
2. Cook pasta according to package directions. Drain and cool.
3. Stir together yogurt, mustard, and in a large bowl.
4. Add pasta, celery and green onion and mix well.
5. Chill at least 2 hours.
6. Just before serving, carefully stir in tomatoes.

Nutrition information per serving: calories, 206; carbohydrate, 39g; protein, 9g; fat, 1g; saturated fat, <0.5 g; cholesterol, 1mg; fiber, 3g; sodium, 89mg; calcium, 107mg; percent calories from fat, 5%.
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My Recipe Banana Pudding

Serves: 6

Ingredients:

- 1/4 cup 1% low fat or fat free milk
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 2 medium bananas cut into quarters
- 2 cups plain low fat yogurt
- 1 medium banana, cut into slices, reserve for topping

Directions:

1. Wash hands thoroughly with warm water and soap.
2. Mix milk, sugar, vanilla, and banana quarters in blender until smooth.
3. Pour mixture into a small; fold in yogurt. Chill for 1 hour.
4. Spoon into small dishes. Put 2 banana slices on each dish just before serving.

Source: Adapted from Eat Smart Play Hard Healthy Lifestyle Recipes

Nutrition information per serving: calories, 123; carbohydrate, 24g; protein, 5g; fat, 2g; saturated fat, 1g; cholesterol, 7mg; fiber, 2g; sodium, 62mg; calcium, 144 mg; percent calories from fat, 10%.
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