

Habit #5: Go lean with protein

The Meat and Beans Food Group gives us protein. We need protein every day. Each member of my family needs 5½ ounces from the meat and beans group each day. I had a hard time learning ounces. But my nutrition educator showed me how.

For one day, we might eat:



• One whole egg (or one tablespoon of peanut butter) at breakfast (counts as 1 ounce of meat and beans).



1/2 cup cooked black beans at lunch (counts as 2 ounces of meat and beans).



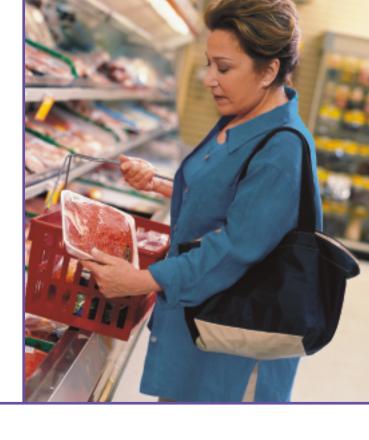
• One half of a small chicken breast (counts as 2 to 3 ounces of meat and beans).

Tips on serving protein foods:

- It helped me to start using my measuring cups and spoons. I learned that eating 1 cup of beans would equal 4 ounces of meat. That helped me judge how much food from the Meat and Beans group my family eats.
- I take the skin off my chicken and trim the fat off meats.
- I bake, microwave, or broil our meats. This was a big change. I used to fry a lot of our foods.
- I often serve other protein foods like cooked dry beans and peas, fish, nuts, and eggs.

Tips on buying protein foods:

- I buy low-fat or lean meats and poultry (chicken and turkey). They have less fat.
- I use more fish. I buy fresh fish when it is on sale or canned tuna or salmon. Canned fish usually costs less.



Try these low-cost recipes:



Lunch or Dinner

Salmon Patties Oven Fries

Broccoli Peaches Low-fat or fat-free milk

Salmon Patties

Serving Size: 1 patty | Makes: 9 servings

Ingredients:

- $15\!\!\frac{1}{2}$ ounces canned, drained salmon
- 1 cup crushed whole-grain cereal or crackers
- 2 lightly beaten large eggs
- 1/2 cup low-fat milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Instructions:

- 1. Use a fork or clean fingers to flake salmon until very fine.
- 2. Crumble cereal or crackers into crumbs.
- 3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
- 4. Mix thoroughly.
- 5. Shape into 9 patties.
- 6. Heat oil in a skillet.
- 7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Tip: Replace the salmon with canned tuna fish. For fun, do a combination of the two!



Bean Enchiladas

Serving Size: 2 enchiladas (6 inches each) | Makes: 4 servings

Ingredients:

3½ cups cooked pinto beans (or two 15-oz cans of low-sodium pinto beans)

1 tablespoon chili powder

1/2 cup low-fat shredded cheese, such as Monterey Jack

8 6-inch flour tortillas

Salsa (optional)

Instructions:

- 1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
- 2. Wrap tortillas in a damp paper towel. Microwave on HIGH for 45 seconds, or until tortillas are soft and warm.
- 3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
- 4. Roll tortillas to enclose mixture.
- 5. Spray a 9-inch x 13-inch baking dish with nonstick cooking spray.
- 6. Place enchiladas, seam side down, into baking dish.
- 7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
- 8. Serve warm with salsa.

Lunch or Dinner

Bean Enchiladas

Lettuce and tomato salad

Pears Low-fat or fat-free milk

Lunch or Dinner

Sensational Six-Layer Dinner

Whole-wheat bread slice Fruit cocktail Low-fat or fat-free milk

Sensational Six-Layer Dinner

Serving Size: 1/6 of recipe | Makes: 6 servings

Ingredients:

- 2-3 raw, sliced potatoes (medium size)
- 2 cups sliced carrots
- 1/4 teaspoon black pepper
- 1/2 teaspoon onion, sliced
- 1 pound lean ground beef, browned and drained
- 1½ cups green beans
- 1 can of tomato soup

Baking dish: Use a baking dish or pan large enough to fit all recipe items.

Variation: Use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

Instructions:

- 1. Lightly oil or spray baking dish with cooking spray.
- 2. Layer ingredients in order given. Cover.
- 3. Bake at 350 degrees for 45 minutes or until tender and thoroughly heated.
- 4. Uncover and bake 15 more minutes.

