Beans, Beans, More Beans!

These delicious recipes will help use all those canned and dried beans!

PA Nutrition Education Network

Your Nutrition Resource Connection

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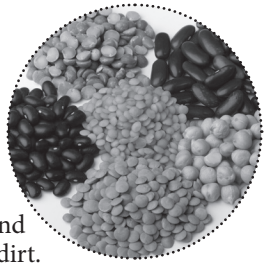
Cooked Beans

Ingredients

- 2 1/4 cups dried beans
- 10 cups water



YIELD
12 Servings

COST
Per recipe: $1.02
Per serving: $0.09

Instructions

1. Sort: Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.
2. Soak: Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:
   - Hot Soak: Hot soaking helps reduce intestinal gas. For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.
   - Quick Soak: For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.
   - Overnight Soak: For each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.
3. Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1-1/2 to 2 hours until tender.

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Nutrition Facts

Serving Size 1/2 Cup (235g)
Servings Per Container 12

Amount Per Serving	
Calories 130	
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 9g	**36%**
Sugars 2g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Notes

- To avoid broken or mushy beans, boil gently and stir very little.
- Taste-test beans often for desired tenderness.
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
- Any of the following can be added during the last half hour of cooking: minced onion, garlic or green pepper, diced carrots or celery, chopped tomatoes or cooked meat.

Washington State Department of Health, Washington State WIC Program., Eating Smart Being Active Recipes.

3-Can Chili

Ingredients

- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- chili powder (to taste)

YIELD
6 Servings

COST
Per recipe: $2.27
Per serving: $0.38

Instructions

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir over medium heat until heated thoroughly.
4. Refrigerate leftovers.

Nutrition Facts

Serving Size 1/6 of recipe (213g)
Servings Per Container 6

Amount Per Serving	
Calories 130	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**15%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 7g	**28%**
Sugars 6g	
Protein 6g	**12%**
Vitamin A 8% •	Vitamin C 15%
Calcium 4% •	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Caribbean Casserole

Ingredients

- 1 onion (medium, chopped)
- 1/2 green pepper (diced)
- 1 tablespoon canola oil
- 1 can stewed tomatoes (14.5 ounces)
- 1 can black beans or beans of your choice (16 ounces)
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cup brown rice (instant, uncooked)

YIELD
10 servings

COST
Per recipe: $3.31
Per serving: $0.33

Instructions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes and beans (include liquid from both). Add oregano and garlic powder. Bring to a boil.
3. Stir in rice, and cover with a lid.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat, and let stand for 5 minutes.

Source: US Department of Health and Human Services
National Institutes of Health National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

Nutrition Facts

Serving Size 1 Cup (114g)
Servings Per Container 10

Amount Per Serving	
Calories 100	Calories from Fat 15
	% Daily Values*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**12%**
Sugars 2g	
Protein 4g	**8%**
Vitamin A 2% •	Vitamin C 15%
Calcium 4% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Chili Bean Dip

Ingredients

- 1 can pinto beans (16 ounce, or 2 cups cooked dried beans)
- 2 tablespoons onion (chopped)
- 1 teaspoon chili powder
- 1/2 cup cheese (shredded)

YIELD
15 servings

COST
Per recipe: $1.45
Per serving: $0.10

Instructions

1. Mash beans in a bowl.
2. Add onion, chili powder, and shredded cheese.
3. Serve warm or cold with raw vegetables or tortilla chips.

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/15 of recipe (36g)
Servings Per Container 15

Amount Per Serving	
Calories 40	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 105mg	**4%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 2g	**4%**
Vitamin A 2% •	Calcium 4%
Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: University of Wisconsin, Cooperative Extension Service, Healthy Snacks

Green Bean and Mushroom Medley

Ingredients

- 1 1/2 pound green beans (fresh, cut into 1-inch lengths)
- 2 carrots (cut into thick strips)
- 3 tablespoons olive oil
- 1 onion (large, sliced)
- 1 pound mushrooms (fresh, sliced)
- 1 teaspoon lemon pepper seasoning (Mrs. Dash)
- 1/2 tablespoon garlic salt
- 1/4 cup almonds (toasted, slivered)

YIELD
8 servings

COST
Per recipe: $7.08
Per serving: $0.88

Instructions

1. Place green beans and carrots in 1 inch deep of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes.
3. Stir in green beans, carrots, lemon pepper, and garlic salt.
4. Cover, and cook for 5 minutes over medium heat.
5. Sprinkle almonds on top before serving.

Source: North Carolina Cooperative Extension, Wayne County, Healthy Recipes: Tested, Tried & True

Nutrition Facts

Serving Size 1/8 of recipe (160g)
Servings Per Container 8

Amount Per Serving	
Calories 100	Calories from Fat 50
	% Daily Values*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 4g	**8%**
Vitamin A 50% •	Vitamin C 15%
Calcium 4% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Marinated Three-Bean Salad

Ingredients

- 1 can lima beans (8.5 ounce)
- 1 can cut green beans (8 ounce)
- 1 can red kidney beans (8 ounce)
- 1 onion (medium, thinly sliced and seperated into two rings)
- 1/2 cup bell pepper (chopped)
- 8 ounces Italian salad dressing (fat-free)

YIELD
4 servings

COOK TIME
70 minutes

COST
Per recipe: $3.16
Per serving: $0.79

Instructions

1. Wash hands and cooking area.
2. Drain the canned beans.
3. Peel, slice the onion and separate into rings.
4. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and bell pepper.
5. Pour the Italian dressing over the vegetables, and toss lightly.
6. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator over night.
7. Drain before serving.

Nutrition Facts

Serving Size 1 1/3 cup (230g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 5
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 690mg	**29%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 8g	**32%**
Sugars 10g	
Protein 7g	**14%**
Vitamin A 4% •	Vitamin C 30%
Calcium 2% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Pumpkin and Bean Soup

Ingredients

- 1 can white beans
- 1 onion (small, finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounce)
- 1 1/2 cup apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

YIELD
6 servings

COST
Per recipe: $2.45
Per serving: $0.41

Instructions

1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Facts

Serving Size 1 cup prepared soup, 1/6 of recipe (255g)
Servings Per Container 6

Amount Per Serving	
Calories 140	Calories from Fat 5
	% Daily Values*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 7g	**28%**
Sugars 9g	
Protein 7g	**14%**
Vitamin A 170% •	Vitamin C 4%
Calcium 8% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Refried Beans

Ingredients

- 1 1/2 cup dry pinto beans (sorted and rinsed)
- 1/4 cup onion (chopped)
- 2 garlic (cloves, minced)
- 1 tablespoon oil
- 1 teaspoon ground cumin

YIELD
6 servings

COST
Per recipe: $0.82
Per serving: $0.14

Instructions

1. Cook beans, according to package directions, and reserve some of the cooking liquid before draining.
2. Sauté onions and garlic in oil until onions become clear. Add a little water if vegetables stick.
3. Mash half of the beans, and add to onion and garlic. Continue to sauté for 10 minutes, stirring frequently. Allow some of the mashed beans to brown.
4. Add cumin. Add remaining beans, and continue cooking until they are warmed through.
5. Water or liquid from beans may be added to keep the beans soft and mushy.

Source: Washington State WIC Program, The Bold and Beautiful Book ofBean Recipes

Nutrition Facts

Serving Size 1/6 recipe (175g)
Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 25
	% Daily Values*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 14g	**56%**
Sugars 3g	
Protein 12g	**24%**
Vitamin C 6% •	Calcium 6%
Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Sensational Six-Layer Dinner

Ingredients

- 2 potatoes (medium, sliced)
- 2 cups carrot (sliced)
- 1/4 teaspoon black pepper
- 1/2 cup onion (sliced)
- 1 pound ground beef (browned and drained)
- 1 1/2 cup green beans (fresh or canned and drained)
- 1 can tomato soup

YIELD
6 servings

COST
Per recipe: $6.17
Per serving: $1.03

Instructions

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

Notes

For variation, use peas or corn instead of green beans.
Use your favorite cream soup instead of tomato soup.

Source: University of Wisconsin, Cooperative Extension Service, One Dish Meals A Family Living Program

Nutrition Facts
Serving Size 1/6 of recipe (302g)
Servings Per Container 6

Amount Per Serving	
Calories 260	Calories from Fat 50
	% Daily Values*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 480mg	**20%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**12%**
Sugars 8g	
Protein 25g	**50%**
Vitamin A 150% •	Vitamin C 35%
Calcium 4% •	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Taco Soup

Ingredients

- 1 pound ground beef
- 2 cans diced tomatoes (14.5 ounces each)
- 2 cans corn (15.5 ounces each, rinsed and drained)
- 2 cans red kidney beans (15.5 ounces each, rinsed and drained)
- 1 1/2 teaspoon chili powder
- 3/4 teaspoons cumin powder
- 3/4 teaspoons garlic powder
- 1/3 cup water

YIELD
10 servings

COST
Per recipe: $7.25
Per serving: $0.72

Instructions

1. Cook meat in a pot over medium heat until brown.
2. Put meat in a strainer to drain fat. Rinse with hot water.
3. Mix all the ingredients in a pot, and cook on low for an hour.

Nutrition Facts

Serving Size 1 cup (298g)
Servings Per Container 10

Amount Per Serving	
Calories 270	Calories from Fat 45
	% Daily Values*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 490mg	**20%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 10g	**40%**
Sugars 6g	
Protein 18g	**36%**
Vitamin A 10% •	Vitamin C 35%
Calcium 2% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Tortilla Pizzas

Ingredients

- 12 corn tortillas, small (or flour tortillas)
- vegetable oil (or margarine)
- 1 can refried beans (16 ounce)
- 1/4 cup onion (chopped)
- 2 ounces fresh or canned green chili peppers (diced)
- 3 tablespoons red taco sauce
- 3 cups vegetables, such as broccoli, mushrooms, spinach, and red bellpepper (chopped)
- 1/2 cup cheese, shredded, part-skim mozzarella
- 1/2 cup cilantro (chopped, fresh, optional)

Instructions

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.

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YIELD
6 servings

COOK TIME
25 minutes

COST
Per recipe: $4.45
Per serving: $0.74

Nutrition Facts

Serving Size 1 prepared pizza, 1/6 of recipe (215g)
Servings Per Container 6

Amount Per Serving	
Calories 270	Calories from Fat 80
	% Daily Values*
Total Fat 9g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 450mg	**19%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 7g	**28%**
Sugars 2g	
Protein 10g	**20%**
Vitamin A 6% •	Vitamin C 70%
Calcium 10% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Tortilla Pizzas Continued

3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce. Then, top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.
5. Return to frying pan, and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Source: California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Tuna Veggie Antipasto

Ingredients

- 2 cups carrot (raw, chopped or any of your favorite raw veggies)
- 2 1/2 cups celery (raw, chopped or any of your favorite raw veggies)
- 1/4 cup vinegar (or juice of 2 lemons)
- 1 tablespoon vegetable oil
- 1/2 teaspoon dried dill (or 1 tablespoon fresh dill)
- 1 teaspoon garlic (chopped)
- 6 ounces tuna, in water (light, drained and flaked)
- 1, 15 ounce can white beans (or your favorite beans)
- 2 tablespoons Parmesan cheese (grated)

Instructions

1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.
2. Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables.
3. Drain and rinse beans. Break up tuna into smaller chunks.

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YIELD
6 servings

COST
Per recipe: $3.97
Per serving: $0.66

Nutrition Facts

Serving Size 1 cup (203g)
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 30
	% Daily Values*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 110mg	**5%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 15g	**30%**
Vitamin A 150% •	Vitamin C 6%
Calcium 10% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Tuna Veggie Antipasto Continued

4. Combine vegetables, beans and tuna; toss gently.
5. Marinate salad overnight to combine flavors.
6. Chill and serve as a light summer lunch or as a picnic side dish.

Notes

Use salad to fill a pita for a crunchy sandwich.
Serve on fresh, washed, leafy lettuce.
Add cooked rice or pasta.
Try it with balsamic vinegar or ½ cup of your favorite salad dressing.
Be creative, and try different herbs and veggie combinations!

Source: Connecticut Food Policy Council,Farm Fresh SummerRecipes

Turkey Tostadas

Ingredients

- 2 cups cooked turkey (cut into bite-size pieces)

or

- 2 cups ground turkey (browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cups water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 1/2 cup taco sauce
- plain yogurt (low-fat or fat-free, optional)
- guacamole (or mashed avacado, optional)

YIELD
4 servings

COST
Per recipe: $3.56
Per serving: $0.89

Nutrition Facts

Serving Size 1 tostada (276g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 35
	% Daily Values*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 420mg	**18%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 26g	**52%**
Vitamin A 4% •	Vitamin C 6%
Calcium 8% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Turkey Tostadas Continued

Instructions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil. Reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375°F for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Notes

Recipe analysis includes light meat turkey without skin.

Source: UMass Extension Nutrition Education Program, CHOICESSteps Toward Health

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

This custom cookbook was created using recipes from the *SNAP-Ed Connection Recipe Finder Database*. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

For additional recipes and more information about the *SNAP-EdConnection Recipe Finder Database*, please visit the Web site at http://recipefinder.nal.usda.gov/.

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, call 1-800-221-5689 for the contact information for your local SNAP office or visit the Web site at http://www.fns.usda.gov/SNAP/.