



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter

The Magical Bean

Beans are a versatile food and good for our health. They count as both a protein and a vegetable on MyPlate, making them a magical food too! Eating beans regularly may reduce the risk of developing heart disease, high cholesterol, and diabetes.

- Beans are part of the legume family, which includes peas, lentils, chickpeas, and soybeans.
- Beans contain both protein and fiber, and very little fat or cholesterol.
- Beans are a good source of vitamins and minerals like folate, iron, potassium, and zinc. All these nutrients are excellent at improving your overall health.
- Beans are budget friendly and can be stored for long periods of time.
- ¼ cup of beans counts as a 1 ounce serving of protein.
- 1 cup of beans counts as 1 serving of vegetables.

The Dietary Guidelines for Americans 2020-2025 recommends eating 3 cups of legumes per week for overall health.

Bean & Beef Tostadas

Ingredients

- 1 pound ground hamburger
- 1 small onion, diced (2 teaspoons powder)
- 4 garlic cloves, minced (1 teaspoon powder)
- 2 Tablespoons low sodium taco seasoning
- 1 15-ounce can diced tomatoes, drained
- ½ cup water
- Black pepper to taste
- 8 flour or corn tortillas
- 1 15-ounce can refried beans
- 2 cups lettuce, shredded
- 1 15-ounce can mixed vegetables, drained
- 8 ounces shredded cheese
- 1 cup toppings: salsa, or pickled jalapenos (optional)
- Nonstick spray



Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 375°F.
3. Cook hamburger on medium-high heat in skillet or electric skillet. Break it into small pieces using a sturdy spatula or spoon.
4. Add onions, garlic, tomatoes, taco seasoning, water, and black pepper. Cook until browned and water has evaporated (about 5 minutes).
5. In separate pots, heat mixed vegetables and refried beans on low to medium heat until heated through.
6. Place tortillas on a baking sheet. Spray lightly with nonstick spray. Lightly toast in oven until crispy (about 3-5 minutes). Remove from oven and set aside.
7. Spread two tablespoons of refried beans and cooked hamburger on each tortilla.
8. Top each tortilla with lettuce, mixed vegetables, and cheese. Add toppings as desired.

Makes 8 tostadas



Mixed Fruit Parfait

Ingredients

- 18 ounces low-fat yogurt
- 1 cup sliced strawberries, fresh or thawed
- 1 cup blueberries, fresh or thawed
- ½ cup granola

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Layer yogurt, fruit, and granola into three glasses.
3. Repeat layers until all ingredients are used.

Makes 3 servings

About CNP

The Cent\$ible Nutrition Program (CNP) is a free* resource that can help you eat better for less. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active.

Class highlights include:

- A free cookbook with 200+ easy, delicious recipes
- 8 kitchen tools
- Cooking a new recipe each lessons
- Hands-on activities

* CNP is free for those who income qualify. Visit uwyocnp.org/ for more information.

Contact Us

Wind River Reservation CNP Educators:

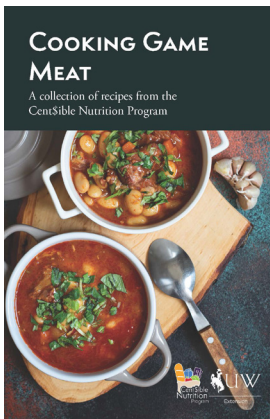
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Cooking with Game Meat

Received game meat last month and looking for recipes? Connect with your local CNP Educators to receive a recipe booklet of easy, low-cost game meat recipes.



This newsletter is created in partnership between the Cent\$ible Nutrition Program, the Food Bank of Wyoming, and the mobile food distribution on the Wind River Reservation.