



Tex Mex Burrito Bowl

Ingredients

- 1 Cup Instant brown rice
- ¼ Cup water
- 2 Tbsp salt free taco seasoning
- *or make your own: mix 1tsp each cumin, paprika and chili powder with 2tsp each garlic powder and oregano*
- ½ Cup frozen whole-kernel corn
- 1 Can (15 oz) black beans, rinsed and drained
- 1 minced jalapeño pepper, optional

Pico de Gallo

- 2 tomatoes, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- ½ red onion, chopped
- ½ cup cilantro
- ¼ cup lime juice
- 1 Tsp garlic powder

Directions

1. Make rice according to directions, adding taco seasoning to cooking water.
2. When rice is cooked add corn and black beans, stir and warm until heated through.
3. Top with Pico de Gallo and jalapeno pepper (if desired)

Serving Variations

- Add toppings like low fat cheese and low fat sour cream (or plain yogurt)
- Serve on a bed of spinach
- Add cooked chicken or lean ground beef

Nutrition Facts

Serving size: 1 cup
Yield: 4 servings
Calories: 140
Fat: 1 g
Saturated fat: 0 g
Unsaturated fat: ½ g
Protein: 6 g
Carbohydrate: 29 g
Fiber: 4.5 g
Cholesterol: 0 mg
Iron: 1.25 mg
Sodium: 410 mg
Calcium: 32 mg

Healthful Tip

- A plate full of color is a great trick to make sure you are eating plenty of vitamins and minerals. The more color, the better!
- This recipe is loaded with fiber! It will keep you full and help maintain healthy digestion.



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A USDA SNAP-Ed Program

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May - Beverages

- Approximately 2/3 of the human body is water. To stay healthy we constantly need to refill the water that is lost from our bodies during normal functioning.
 - **Plan to drink 4-8 cups of water daily!**
- Most of the beverages American's drink are not only very high in sugar but the sizes of these drinks have become out of control.
 - There are about 10 packets of sugar in a 12-ounce can of soda
 - **There are about 16 packets of sugar in a 20-ounce bottle of soda**
- Just because it says "juice" on the label does not mean that the sugar is natural-- it must read 100% juice.
- Excessive sugar leads to cavities on your teeth, extra calories, and weight gain. People who drank sugary beverage have higher rates of cancer, diabetes, and blood pressure.
- When water loss is greater than the water consumed, we become dehydrated and feel thirsty.
- To stay healthy and well hydrated, **drink water instead of sugary drinks.**



Beverage Calories

Bottled Lemonade (16 oz)	220
Sweet tea (32 oz)	230
Sports drink (20 oz)	250
Regular soda (20 oz)	250
Coffee shop Frappuccino (large)	350
Small McDonalds Chocolate shake	580
Jamba Juice Berry Lime Sublime (large)	610

Tips:

- Water is your best bet for thirst and dehydration.
- Drinking water can also save money.
- If you are going to have a sugary drink, compare the amount of sugar in different beverages and choose the one with the least amount of sugar.
 - *Don't forget to keep in mind the serving size and servings per container.*

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