



# Family Nutrition In Action

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## Craving a Hamburger?

No matter what protein foods you enjoy, choose and prepare them well.

### Pick It:

- ◆ Choose lean cuts of beef such as ground round or ground chuck that are lower in fat and cholesterol.
- ◆ Remove the skin from chicken and turkey.
- ◆ Choose fish such as salmon, trout and herring.
- ◆ Avoid ham, frankfurters, sausage and deli meats that have added sodium.

### Cook It:

- ◆ Trim all visible fat from meats and chicken before cooking.
- ◆ Use low-fat cooking methods, such as grilling or roasting.
- ◆ Drain off any fat during or after cooking.
- ◆ Avoid cooking food with high-fat sauces and gravies.



SOURCE: UNIVERSITY OF FLORIDA IFAS EXTENSION

For more information, contact your local County Extension Office:

## Make it Meatless!



Protein foods are more than just meat, poultry, and seafood. In fact, protein foods also include eggs, beans, peas, nuts, and seeds. There are many benefits when you enjoy a variety of protein foods. Find ways to add some of the “meatless” options to your diet. You may even want to try a “meatless” meal and here is why:

- They can be less expensive than meals with meat. Save money when you eat even just one meatless meal a week!
- Often meatless meals are lower in fat and cholesterol and higher in fiber.
- It’s quick and easy to prepare a meatless meal for you and your family! Read on to learn how.
- Meatless meals can taste great and be satisfying! You may even be surprised that your child enjoys it too!

## Ready to try a meatless meal? Why not get started with one of these ideas?

### Breakfast ideas:

- Oatmeal with fruit and nuts
- Whole grain toast with peanut butter and banana
- Scrambled egg with a whole grain English muffin and fruit

### Lunch ideas:

- Grilled cheese sandwiches
- Salads with nuts, cheese and beans instead of meat

### Dinner ideas:

- Bean recipes like meatless chili or black beans and rice
- Pasta dishes, like spaghetti without meat
- Vegetable stir-fry with tofu (tofu is made from soybeans)



Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find out how many ounces of protein foods you and your family need each day!

SOURCES: UNIVERSITY OF MARYLAND EXTENSION, UNIVERSITY OF MAINE EXTENSION, UNIVERSITY OF WISCONSIN, KIDS EAT RIGHT



## VEGGIE CORNER GREEN BEANS

Green beans (also known as snap beans or string beans) are brightly colored beans that are usually green, but they can also be yellow, purple, or speckled with red. Green beans are a good source of Vitamin A and C and fiber. They are also low in calories and low fat.

### How to Buy:

- ◆ Pick green beans that have a fresh, bright color, are firm, and have a velvety feel. When broken, they should snap crisply.
- ◆ Do not buy beans that are limp, split, or have rust spots or scars.

### Cost:

- ◆ Fresh green beans cost approximately \$3.23 per pound.
- ◆ Canned whole green beans cost around \$0.93 each and canned cut green beans cost around \$0.67 each.
- ◆ Frozen whole green beans cost about \$1.73 per pound and frozen cut green beans cost about \$1.22 per pound.

### How to Prepare:

- ◆ Add green beans to a stir-fry dish, casserole, pasta salad or soup.
- ◆ Enjoy raw green beans with a low-fat dip as a tasty snack.
- ◆ Grill green beans with tomatoes, red peppers and other favorite vegetables. Flavor with herbs and spices such as basil or dill.

### Storage:

- ◆ Store fresh green beans in a plastic bag in the refrigerator for 3 to 5 days.
- ◆ Store unopened cans in a cool, clean, dry place. Store opened green beans in a tightly covered container (not made from metal) and refrigerate.

SOURCE: UTAH STATE UNIVERSITY, USDA ERS, CLEMSON COOPERATIVE EXTENSION

## Italian Green Beans

Serves 6

### Ingredients:

- 1 pound green beans
- 1/2 green pepper, chopped
- 1 tomato, chopped
- 1/3 cup sliced onion
- 1/4 teaspoon dried basil
- 1/8 teaspoon dried rosemary
- 2 tablespoons water

1. Cut green beans into slices and steam over boiling water for 8 minutes.
2. Mix all ingredients into a covered microwave dish. Microwave on high for 3 minutes or until the green pepper is tender, stirring halfway through cooking time.

SOURCE: UNIVERSITY OF MAINE COOPERATIVE EXTENSION

### Nutrition Facts:

Calories: 35 g  
 Fat : 0g  
 Protein: 2g  
 Sodium: 2.4mg  
 Fiber: 3g



## Green Bean Vinaigrette

Serves 6

### Ingredients:

- 2 pounds green beans, cut into 1-inch pieces
- 1 tablespoon canola or olive oil
- 2 tablespoons sugar
- 2 tablespoons Dijon-type mustard
- 2 tablespoons vinegar
- 2 tablespoons lemon juice

1. Steam beans until tender, about 10-12 minutes. Drain.
2. Mix all ingredients except beans into a large serving bowl.
3. Add beans and toss.

SOURCE: UNIVERSITY OF MAINE COOPERATIVE EXTENSION

### Nutrition Facts:

Calories: 97  
 Fat : 3g  
 Protein: 3g  
 Sodium: 122mg  
 Fiber: 5g