

Breakfast Burrito

Which is the better deal?

Veggie Scramble

Total Cost for family of 4: **\$10.76**

Total Cost for family of 4: **\$4.50**
 Recipe from *Soulful Recipes; Building Healthy Traditions Cook book*

INGREDIENTS

(makes 1 serving)

- Flour tortilla
- Scrambled Eggs
- Sausage and Ham
- Bacon Hash Brown Nuggets
- Shredded cheese blend
- Canned salsa



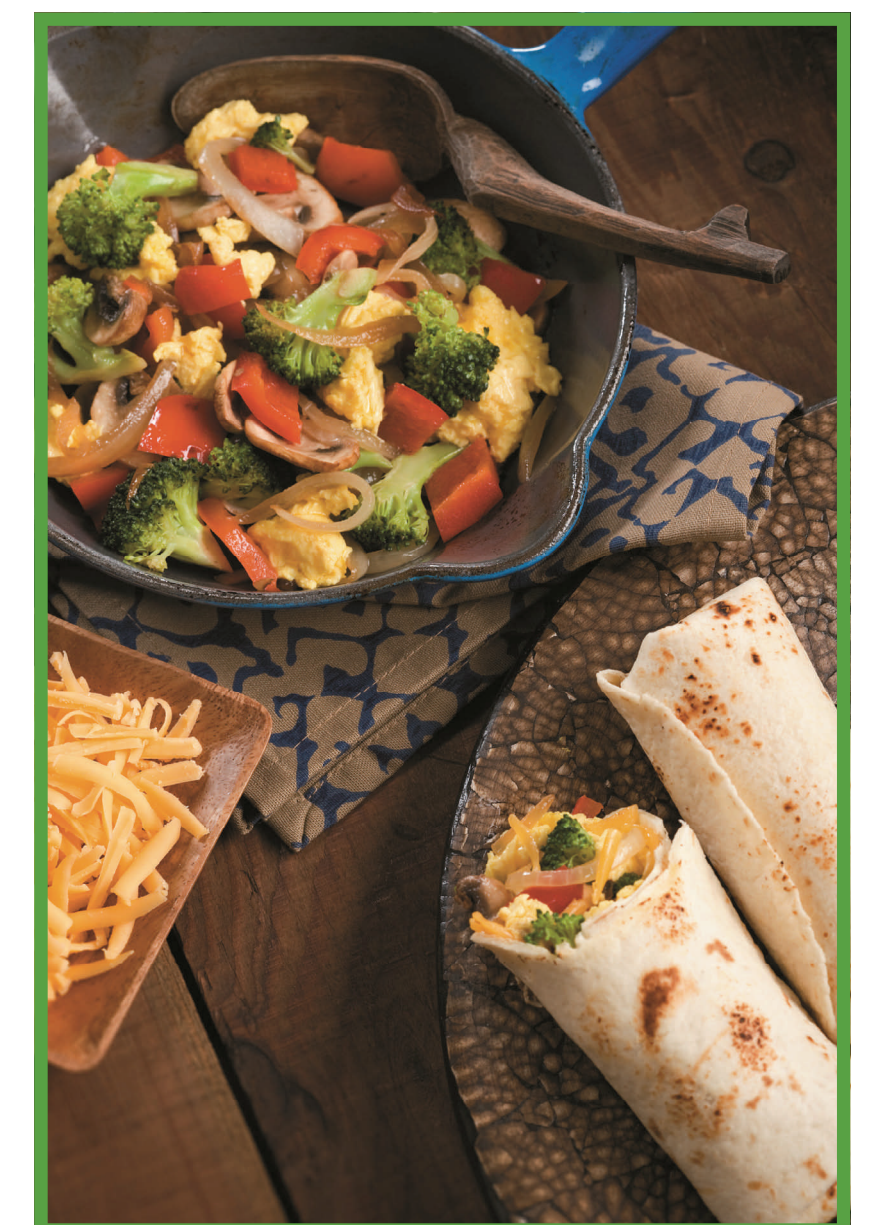
Look at the amount of fat in one burrito, that is almost as much as the daily allowance

Prep time: 15 minutes

INGREDIENTS

(makes 2 servings)

- Nonstick cooking spray
- 1 cup chopped vegetables; bell peppers, onions, broccoli and mushrooms
- 1 cup egg substitute
- 2 (6-inch) flour tortillas
- 1/4 cup grated low fat cheddar cheese



Try using seasonal or frozen vegetables, they are less expensive!

Did you Know?

When you buy a burrito at a restaurant they may fry the tortilla? Frying a tortilla can easily add 100 calories to your meal!

Nutrition Information

Per serving Burrito	
Calories	780
Total Fat	49 g
Saturated Fat	16 g
Trans Fat	0 g
Carbohydrates	3 g
Dietary Fiber	3 g
Cholesterol	510 mg
Sodium	1480mg

Nutrition Information

Per serving Wrap	
Calories	191
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	19 g
Dietary Fiber	4 g
Cholesterol	3 mg
Sodium	537 mg

Savings of:

More than 500 calories
 48 grams of fat
 507 mg of cholesterol!
 per wrap

Extra Crispy Chicken Breast with Coleslaw

Which is the better deal?

Oven Fried Chicken with Summer Squash

Total Cost for family of 4: **\$11.92**

Total Cost for family of 4: **\$4.73**
 Recipe from *Soulful Recipes; Building Healthy Traditions Cook book*

INGREDIENTS

(makes 4 servings)

- 1 whole frying chicken, marinated
- 6-8 cups shortening
- 1 egg, beaten
- 1 cup milk
- 2 cups all-purpose flour
- 2 1/2 tsp salt
- 3/4 tsp. pepper
- 3/4 tsp. MSG
- 1/8 tsp. paprika, garlic powder, baking powder

Coleslaw

- Cabbage, carrot and onion, milk, mayonnaise, buttermilk, vinegar, lemon juice, sugar, salt and pepper

When ordering out, it is hard to know how much mayonnaise is in food. Make it yourself and reduce the fat!



Nutrition Information

Per serving chicken w/ coleslaw	
Calories	670
Total Fat	41 g
Saturated Fat	9g
Trans Fat	0 g
Carbohydrates	39 g
Dietary Fiber	3 g
Cholesterol	125 mg
Sodium	1350mg



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

Prep time: 55 minutes

INGREDIENTS

(makes 6 servings)

- Nonstick cooking spray
- 1 cup finely crushed cornflakes
- 1/4 tsp. salt
- 1/2 tsp. ground pepper
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 cup evaporated skim milk
- 1 pound chicken breasts
- 1/2 tsp. vegetable oil
- 1 glove garlic
- 2 medium zucchini
- 3 medium yellow squash
- 1 tsp. dried oregano



Nutrition Information

Per serving chicken w/ coleslaw	
Calories	185
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	17 g
Dietary Fiber	3 g
Cholesterol	46 mg
Sodium	202 mg

Savings of:

\$6.00 for entire meal
 400 calories
 35 grams of fat
 1000 mg of sodium per serving!

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Chicken Club Salad with Crispy Chicken

Which is the better deal?

Chicken Vegetable Creole

Total Cost for family of 4: **\$19.69** (w/o tax)

Total Cost for family of 4: **\$6.64**
 Recipe from *Soulful Recipes; Building Healthy Traditions Cook book*

INGREDIENTS (makes 4 servings)



- 4 small boneless chicken breasts
- 1 pouch extra crispy seasoned coating mix
- 1/4 cup grated Parmesan cheese
- 6 cups green leaf lettuce, pieces
- 1 cup tomato wedges

Ranch dressing

Vegetable oil, vinegar, sugar, salt, spices, color, buttermilk, natural flavors, phosphoric acid and other additives

Nutrition Information

Per serving salad w/ dressing (528g)

Calories	→	655
Total Fat	→	53 g
Saturated Fat		14 g
Trans Fat		4 g
Carbohydrates		31 g
Dietary Fiber		9 g
Cholesterol		105 mg
Sodium	→	1750mg

Most restaurants serve larger portions than needed, try these tips to decrease fat and calories:

1. Ask for a smaller portion.
2. Replace fried with grilled chicken.
3. Choose a light dressing.
4. Add more vegetables to lower fat and increase fiber.

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Prep time: 30 minutes

INGREDIENTS (makes 6 servings)



- Nonstick cooking spray
- 1 pound boneless, skinless chicken breast
- 1 large onion, chopped
- 1 (14.5 oz) can diced tomatoes
- 1/3 cup tomato paste
- 2 stalks celery
- 1 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. red pepper flakes
- 1/8 tsp. ground black pepper
- 1 1/2 cups broccoli florets

Nutrition Information

Per serving of Chicken Vegetable Creole (227g)

Calories	143
Total Fat	3 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	11 g
Dietary Fiber	3 g
Cholesterol	46 mg
Sodium	460 mg

Savings of:

More than \$13.00
 400 calories
 50 grams of fat
 1/3 of the sodium per serving!

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Medium French Fries

Which is the better deal?

Rainbow Coleslaw

Total Cost for family of 4: **\$4.00**

Total Cost for family of 4: **\$1.60**
 Recipe from *Soulful Recipes; Building Healthy Traditions Cook book*

INGREDIENTS

(makes 1 serving)

- 2 large Idaho russet potatoes, cut
- 1/4 cup sugar
- 2 tbsp. corn syrup
- 1 1/2 -2 cups hot water
- 6 cups shortening
- 1/4 cup beef lard and salt

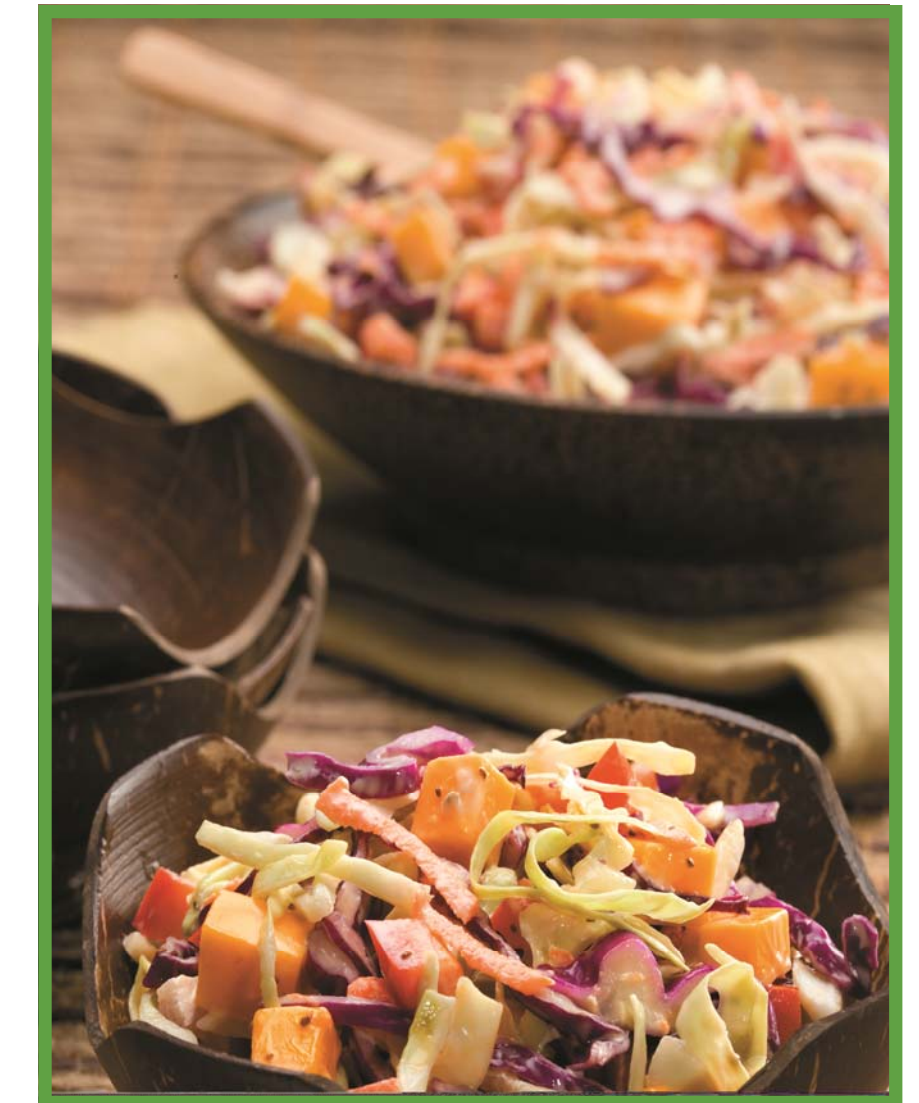


Prep time: 15 minutes

INGREDIENTS

(makes 12 servings)

- 2 cups red cabbage, shredded
- 2 cups green cabbage, shredded
- 1/2 cup chopped yellow or red bell pepper
- 1/2 cup shredded carrots
- 1/2 cup chopped red onion
- 1/2 cup fat free mayonnaise
- 1 tbsp. red wine vinegar
- 1/4 tsp. celery seed (optional)
- 1/2 cup low fat shredded Cheddar cheese



Recommended grams of fat per day is 65 grams for a 2,000 calorie diet, these French fries have 1/3 of your daily allowance.

Nutrition Information

Per Serving French Fries (4.1oz)

Calories	380
Total Fat	19 g
Saturated Fat	2.5 g
Trans Fat	0 g
Carbohydrates	3 g
Dietary Fiber	3 g
Cholesterol	0 mg
Sodium	270mg

Did you Know?
 You could eat a serving of rainbow coleslaw with our Rosemary Lemon Chicken and vegetables and would still eat less fat and calories than a serving of French fries.

Savings of:
 \$2.40 total cost
 350 calories per serving
 18 grams of fat
 And half the amount of sodium!!!

Nutrition Information

Per serving Coleslaw (4oz)

Calories	30
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	4 g
Dietary Fiber	1 g
Cholesterol	2 mg
Sodium	145mg



Grain & Nut Pancakes

Which is the better deal?

Banana Berry Pancake

Total Cost for family of 4: **\$31.96**

Total Cost for family of 4: **\$4.64**
Recipe from *Everyday Healthy Meals*

Time spent at restaurant:
75 minutes



One serving is only 1 pancake

INGREDIENTS
(makes 8 pancakes)

- 3/4 cup oats
- 3/4 cup whole wheat flour
- 1/3 cup all-purpose flour
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 1/4 cups buttermilk
- 1/3 cup whole milk
- 1/4 cup vegetable oil
- 2 eggs
- 1/4 cup granulated sugar
- 3 tbs. blanched almonds
- 3 tbs. walnuts

Nutrition Information

Per 1 pancake	
Calories	383
Total Fat	15.5 g
Saturated Fat	1.5 g
Trans Fat	7 g
Carbohydrates	52.2 g
Dietary Fiber	6 g
Cholesterol	41 mg
Sodium	796 mg

Though grains and nuts seem like a healthy alternative, one ounce of nuts contains 165-200 calories and typically 14-21 grams of fat. That's almost half of your daily fat intake in one ounce of nuts!

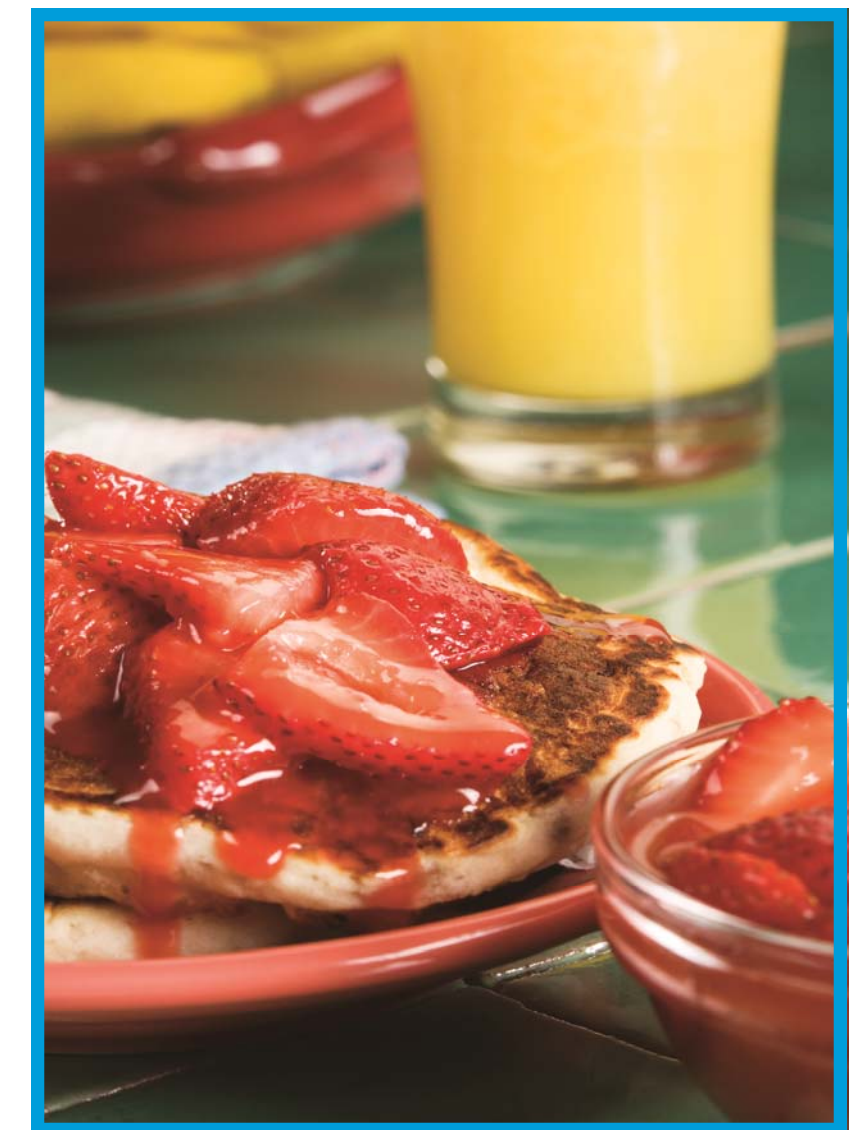
Prep time: 20 minutes

INGREDIENTS
(makes 8 pancakes)

- Nonstick cooking spray
- 2 large bananas, mashed
- 2 cups complete pancake mix
- 1 cup water

Topping

- 2 cups unsweetened frozen strawberries
- 4 tbs. orange juice



Nutrition Information

Per 2 pancakes	
Calories	109
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	24 g
Dietary Fiber	2 g
Cholesterol	3 mg
Sodium	182 mg

Savings of:

\$27.32 total cost
274 calories per serving
14.5 grams of fat
and 77% less sodium!!!

And a serving is **2** pancakes!

Double Cheeseburger with French Fries

Which is the better deal?

Spaghetti with Turkey Meat Sauce

Total Cost for family of 4: **\$24.36**

Total Cost for family of 4: **\$6.72**
 Recipe from *Everyday Healthy Meals*

INGREDIENTS

(makes 1 serving)

- 3.2 oz ground beef
- 1 tsp. chopped onion
- 1 pickle
- 1 slice bacon
- 2 American cheese slices
- 1 Hamburger bun
- 2 tsp. mustard and ketchup

French Fries

- 2 large Idaho russet potatoes
- 1/4 cup sugar
- 2 tbs. corn syrup
- 6 cups shortening
- 1/4 cup beef lard



Nutrition Information

Per serving Cheeseburger w/
medium French Fries

Calories	820
Total Fat	42 g
Saturated Fat	13 g
Trans Fat	1.5 g
Carbohydrates	82 g
Dietary Fiber	7 g
Cholesterol	80 mg
Sodium	1420mg

Cut down fat and calories by choosing lean ground turkey. Make the patties smaller. Slice up avocados and skip the cheese.

Prep time: 40 minutes

INGREDIENTS

(makes 8 servings)

- Nonstick cooking spray
- 3/4 pound lean ground turkey
- 14.5 oz cans diced tomatoes, juice reserved
- 1 green bell pepper, chopped
- 1 cup chopped onion
- 2 gloves garlic, crushed
- 1 tsp. crushed dried oregano
- 1 tsp. ground black pepper
- 1 pound spaghetti noodles



Nutrition Information

Per serving Spaghetti w/
Turkey Meat Sauce

Calories	346
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	57 g
Dietary Fiber	5 g
Cholesterol	28 mg
Sodium	162 mg

Savings of:

\$17.64 total cost
 474 calories per serving
 36 grams of fat
 And 89% less sodium!!!

Chicken Club Salad with Crispy Chicken

Which is the better deal?

Chicken Tomatillo Salad

Total Cost for family of 4: **\$ 19.69**

Total Cost for family of 4: **\$ 6.48**
Recipe from *Everyday Healthy Meals*

INGREDIENTS

(makes 4 serving)

- 4 small boneless chicken breasts
- 1 pouch extra crispy seasoned coating mix
- 1/4 cup grated Parmesan cheese
- 6 cups green leaf lettuce, pieces
- 1 cup tomato wedges

Ranch dressing

Vegetable oil, vinegar, sugar, salt, spices, and color, buttermilk, natural flavors, phosphoric acid and other additives



Nutrition Information

Per serving salad w/ dressing (528g)

Calories	→	655
Total Fat	→	53 g
Saturated Fat		14 g
Trans Fat		4 g
Carbohydrates		31 g
Dietary Fiber		9 g
Cholesterol		105 mg
Sodium	→	1750mg

Most restaurants serve larger portions than needed.

1. Ask for a smaller portion.
2. Ask for grilled chicken
3. Choose a light dressing.
4. Add more vegetables to lower fat and increase fiber.

Prep time: 20 minutes

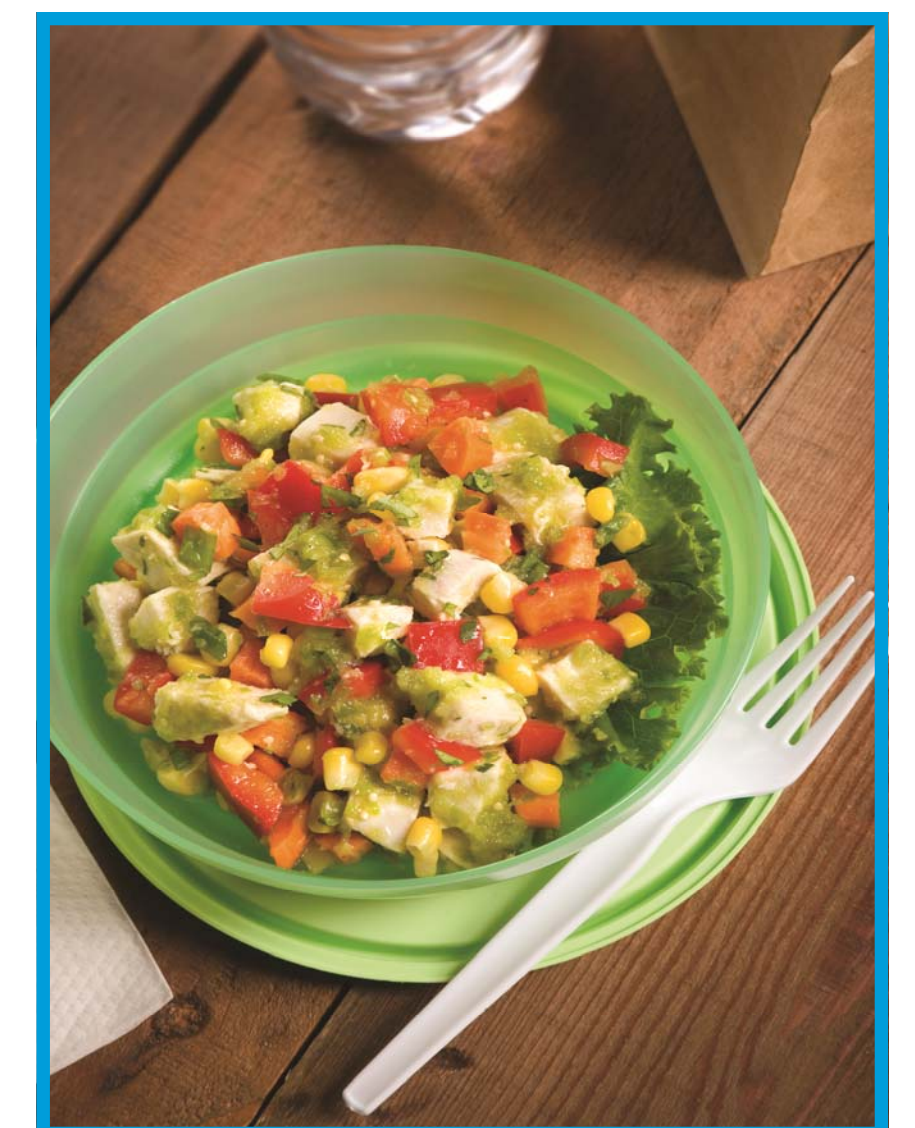
INGREDIENTS

(makes 6 servings)

- 2 cups chopped, cooked chicken or turkey
- 1 cup red bell pepper, chopped
- 1 cup frozen corn
- 4 green onions, chopped
- 1/4 cup chopped fresh cilantro

Dressing

- 1 cup husked and quartered tomatillos
- 3 tbs. light Italian dressing
- 1 fresh Anaheim chili
- 1 tsp. ground black pepper



Nutrition Information

Per serving salad (227g)

Calories	141
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	12 g
Dietary Fiber	3 g
Cholesterol	38 mg
Sodium	149 mg

Savings of:

\$13.21 total cost
514 calories per serving
49 grams of fat
And 92% less sodium!!!

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Orange Smoothie

Which is the better deal?

Tropical Eye Opener

Total Cost for family of 4: **\$ 14.96**

Total Cost for family of 4: **\$ 2.30**
Recipe from *Everyday Healthy Meals*

INGREDIENTS

(makes 1 serving)

- 1 cup orange juice
- 1 non-fat vanilla yogurt
- 1 1/2 cups of orange sherbet
- 1/2 cup soymilk



Twice as many calories in store bought smoothies!!

Prep time: 10 minutes

INGREDIENTS

(makes 4 servings)

- 1 mango, peeled, seeded, and cut into chunks
- 1 large banana, peeled and sliced
- 1 cup un-drained pineapple chunks
- 3/4 cup low fat vanilla yogurt
- 1 cup ice cubes



Try seasonal or frozen fruit and pay less!

Most restaurants use sugary ice cream or frozen sorbet instead of fresh fruit. When making it at home, use fresh or frozen fruit without sugar added.

Nutrition Information	
Per Smoothie (16oz)	
Calories	350
Total Fat	1.5 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	75 g
Dietary Fiber	<1 g
Cholesterol	5 mg
Sodium	150 mg

Nutrition Information	
Per Smoothie (16oz)	
Calories	151
Total Fat	1 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	35 g
Dietary Fiber	2 g
Cholesterol	3 mg
Sodium	31 mg

Savings of:

\$12.66 total cost
199 calories per serving
And 119 mg less sodium!!!

Breakfast Burrito

Which is the better deal?

Total Cost for family of 4: **\$10.76**

INGREDIENTS

(makes 1 serving)

Corn tortillas
Scrambled Eggs
Sausage
Ham
Bacon
Hash Brown Nuggets
Shredded cheese blend
Fresh Salsa



Daily recommendation for total fat in a day is 65 grams for a 2,000 Kcal/day, this burrito has almost all of that!

Nutrition Information	
Per serving Burrito	
Calories	780
Total Fat	49 g
Saturated Fat	16 g
Trans Fat	0 g
Carbohydrates	3 g
Dietary Fiber	3 g
Cholesterol	510 mg
Sodium	1480mg

Did you know?

Most restaurants don't use fresh vegetables. Instead they serve more eggs and cheese than you need. If you make it at home, you can cut down calories by replacing eggs with egg whites and choosing more vegetables for your burrito.

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Huevos Rancheros with Pico de Gallo

Total Cost for family of 4: **\$9.76**

Recipe from *Healthy Latino Recipes Made with Love*

Prep time: 30 minutes

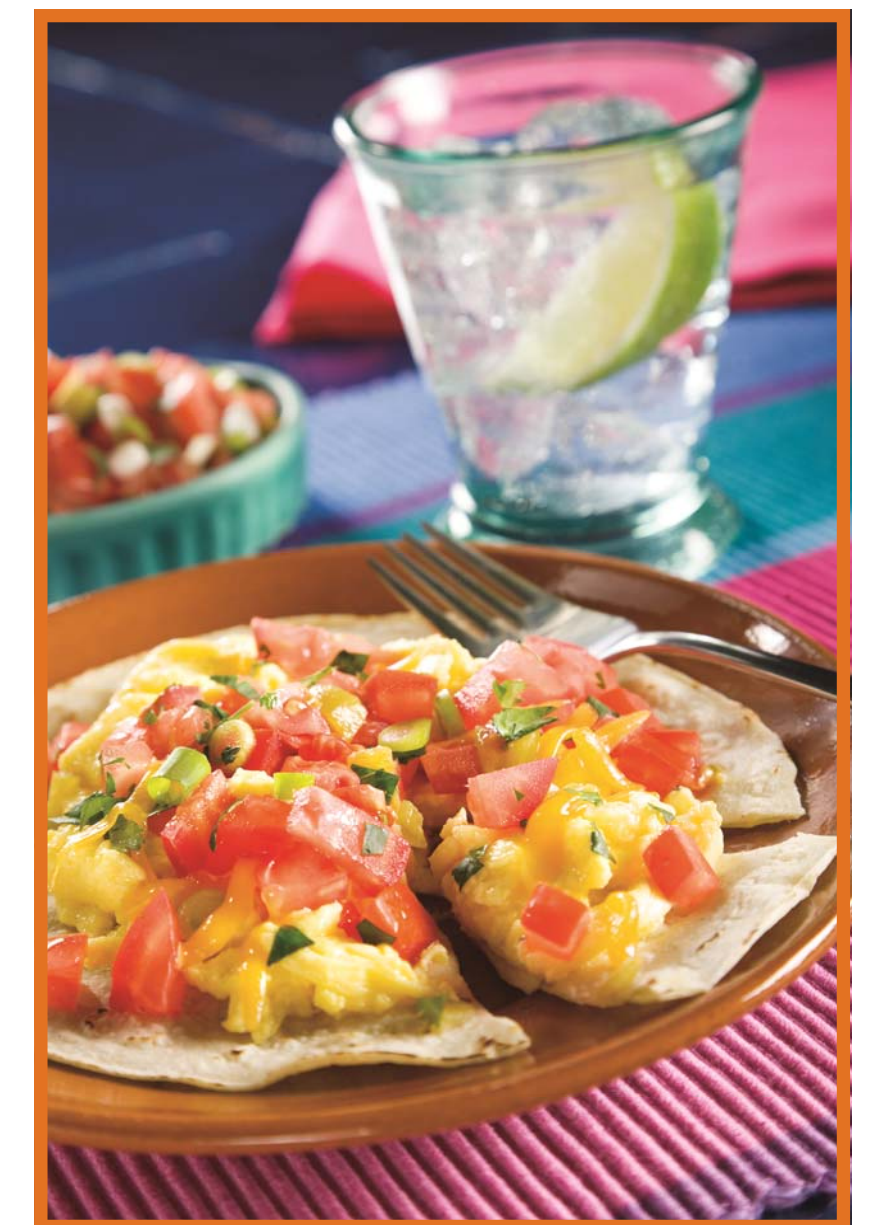
INGREDIENTS

(makes 4 servings)

Nonstick cooking spray
4 (6 inch) corn tortillas
1/2 tbs. vegetable oil
1 1/2 cups egg substitute
2 tbs. shredded Cheddar or Monterey Jack cheese
2 cups Pico de Gallo
1/8 tbs. ground black pepper

Pico de Gallo

1 pound ripe tomatoes,
1 1/2 cups onion
1/3 cup fresh cilantro
3 jalapeño peppers
2 tbs. lime juice
2 gloves garlic
1/4 tbs. salt



Nutrition Information	
Per serving Tortilla	
Calories	146
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	16 g
Dietary Fiber	3 g
Cholesterol	3 mg
Sodium	255 mg

Savings of:

In one serving, over 500 calories and 45 grams of fat!

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



Double Cheeseburger with French Fries

Which is the better deal?

Chicken & Vegetables with Mole Sauce

Total Cost for family of 4: **\$24.36**

Total Cost for family of 4: **\$10.37**

Recipe from *Healthy Latino Recipes Made with Love*

INGREDIENTS

(makes 1 serving)

- 3.2 oz ground beef
- 1 tsp. chopped onion
- 1 pickle
- 1 slice bacon
- 2 American cheese slices
- 1 hamburger bun
- 2 tsp. mustard and ketchup

French Fries

- 2 large Idaho russet potatoes
- 1/4 cup sugar
- 2 tbs. corn syrup
- 6 cups shortening
- 1/4 cup beef lard



Nutrition Information

Per serving Cheeseburger w/ medium French fries

Calories	820
Total Fat	42 g
Saturated Fat	13 g
Trans Fat	1.5 g
Carbohydrates	82 g
Dietary Fiber	7 g
Cholesterol	80 mg
Sodium	1420mg

Did you know?

Ground beef has three times as much saturated fat as ground lean turkey?
A Turkey burger has only 4 grams of saturated fat

Prep time: 60 minutes

INGREDIENTS

(makes 6 servings)

- Nonstick cooking spray
- 4 skinless drumsticks and thighs
- 3 dried ancho chilies
- 2 1/4 cups canned reduce sodium chicken broth
- 1 medium onion
- 1 1/2 cups fresh tomatillos
- 2 tbs. ground cumin
- 1/4 tbs. salt
- 2 fresh cactus leaves
- 3/4 pound fresh green beans



Nutrition Information

Per serving 1 drumstick and 1 thigh and vegetables

Calories	239
Total Fat	8 g
Saturated Fat	2 g
Trans Fat	0 g
Carbohydrates	11 g
Dietary Fiber	4 g
Cholesterol	92 mg
Sodium	255 mg

Savings of:

Over \$10.00 for the entire meal
1/3 of the calories
1/6 of the fat per serving

Soft Drink Cola flavored

Which is the
better deal?

Melon Cooler

Total Cost for family of 4: **\$2.20**

Total Cost for family of 4: **\$0.50**
Recipe from *Healthy Latino Recipes Made with Love*

INGREDIENTS

(makes 10 gallons)

1 oz citrate caffeine
3 oz citric acid
1 oz extract vanilla
1 qt lime juice
2 oz flavoring
30 lb (14 kg) sugar
4 fl oz fluid extract of coca
2 gal water
Caramel sufficient

Flavorings

Oil, orange, cinnamon, lemon, coriander, nutmeg, neroli and 1 quart alcohol



Cola has no nutritional value. It is just empty calories.

Nutrition Information

Per serving Cola (8 oz)

Calories	97
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	27 g
Sugars	27 g
Dietary Fiber	0 g
Cholesterol	0 mg
Sodium	33 mg

Two 12 oz cans of cola has 400mg of caffeine. More than 400mg of caffeine a day increases your risk of high blood pressure and other cardiovascular diseases as well as osteoporosis.

Prep time: 10 minutes

INGREDIENTS

(makes 4 servings)

2 cups chopped melon
(cantaloupe, honeydew or watermelon)
2 cups of cold water



TRY OTHER FRUITS
WHEN THEY ARE IN
SEASON



Savings of:

70 calories and
27 grams of sugar
per serving

Nutrition Information

Per serving Melon Cooler
(6oz)

Calories	27
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	7 g
Sugars	0 g
Dietary Fiber	1 g
Cholesterol	0 mg
Sodium	15 mg

Chicken Club Salad with Crispy chicken

Which is the better deal?

Ceviche with Shrimp

Total Cost for family of 4: **\$19.69**

Total Cost for family of 4: **\$ 13.06**
Recipe from *Latino Healthy Recipes*

INGREDIENTS

(makes 1 serving)

- 4 small boneless chicken breasts
- 1 pouch extra crispy seasoned coating mix
- 1/4 cup grated Parmesan cheese
- 6 cups green leaf lettuce, pieces
- 1 cup tomato wedges



Ranch dressing

Vegetable oil, vinegar, sugar, salt, spices, and color, buttermilk, natural flavors, phosphoric acid and other additives

Nutrition Information

Per serving Salad w/ dressing (528g)

Calories	→	655
Total Fat	→	53 g
Saturated Fat		14 g
Trans Fat		4 g
Carbohydrates		31 g
Dietary Fiber		9 g
Cholesterol		105 mg
Sodium	→	1750mg

Most restaurants serve larger portions than needed, try these tips to decrease fat and calories:

1. Ask for a smaller portion.
2. Replace fried with grilled chicken.
3. Choose a light dressing.
4. Add more vegetables to lower fat and increase fiber.

Prep time: 20 minutes

INGREDIENTS

(makes 6 servings)

- 1/2 pound cooked small bay shrimp
- 1 cup diced cucumber
- 1/2 cup diced avocado
- 1/4 cup minced red onion
- 1/4 cup chopped tomatoes
- 1/4 cup frozen corn, thawed
- 3 tbs. fresh lime juice
- 3 tbs. taco sauce
- 1 serrano chili



Nutrition Information

Per serving Ceviche w/shrimp (198g)

Calories	89
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Carbohydrates	9 g
Dietary Fiber	3 g
Cholesterol	73 mg
Sodium	163 mg

Savings of:

More than \$6.63
566 calories
49 grams of fat
91% less sodium
per serving!

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Chicken Quesadillas

Which is the better deal?

Vegetable Quesadillas

Total Cost for family of 4: **\$11.16**

Total Cost for family of 4: **\$4.89**
 Recipe from *Latino Healthy Recipes with Love*

INGREDIENTS

(makes 1 serving)

- 1 flour tortilla
- 1 chicken tenderloins
- 1/4 cup shredded cheddar cheese
- 1/4 cup shredded Monterey Jack cheese
- 1/2 slice process American cheese

Sauce

- 1/16 cup mayonnaise
- 1/2 tsp. minced jalapeno
- 1/2 tsp. jalapeno juice
- 1/4 tsp. sugar
- 1/8 tsp. cumin
- 1/8 tsp. paprika
- pepper, garlic powder and salt



Nutrition Information

Per serving Quesadillas (184g)

Calories	→	540
Total Fat	→	30 g
Saturated Fat		13 g
Trans Fat		0.5 g
Carbohydrates		40 g
Dietary Fiber		3 g
Cholesterol		80 mg
Sodium	→	1380mg

Most restaurants don't use fresh vegetables instead they use more cheese and fatty dressing than is recommended. Try fresh vegetables in season or buy them frozen or canned (choose low sodium).

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Prep time: 25 minutes

INGREDIENTS

(makes 4 servings)

- Nonstick cooking spray
- 1/2 cup green bell pepper, chopped
- 1/2 cup frozen corn
- 1/2 cup sliced green onion
- 1 cup chopped tomato
- 2 tbs. chopped fresh cilantro
- 4 (6-inch) flour tortillas
- 1/2 cup shredded reduced fat cheddar or Monterey Jack cheese



You can add a 4oz grilled chicken breast which adds only 120 calories.



Nutrition Information

Per serving Quesadillas (179g)

Calories		134
Total Fat		3 g
Saturated Fat		1 g
Trans Fat		0 g
Carbohydrates		20 g
Dietary Fiber		2 g
Cholesterol		3 mg
Sodium		302 mg

Savings of:

More than \$6.27
 406 calories
 27 grams of fat
 78% less sodium
 per serving!

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