



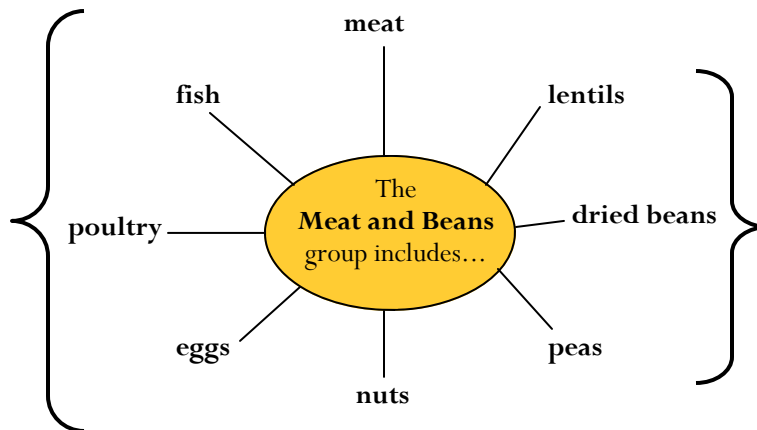
Meat and Beans Group

Food \$ense

What foods belong in the Meat and Beans group?

GO LEAN WITH PROTEIN.

Choose low fat protein sources like lean meat, skinless chicken, and fish and eat more of the plant sources of protein.



These three sources of protein are also great sources of *fiber* because they are from plants.

Get to know proteins.

The meat and beans group is a source of protein, iron, zinc, B-vitamins and omega-3 fatty acids. Protein is important because it is needed for body growth and body processes.

SAFETY FIRST.

- Clean hands and surfaces often
- Separate raw, cooked, and ready-to-eat foods.
- Cook foods to a safe temperature
- Chill foods promptly and thaw properly

Complete proteins are animal proteins like meat, poultry, fish, eggs, milk, and milk products. They contain all the essential amino acids that your body needs.

Incomplete proteins are plant proteins like dried beans, peas, lentils, nuts and grains. Each of these lack one or more of the essential amino acids.

Incomplete proteins work GREAT with each other and form a **complete** team when you put them together:

grains
cereals
nuts
seeds



dried beans
peas
lentils
peanuts (peanut butter)

Amino acids are the building blocks of protein. They are used by the body for growth and repair. There are 21 amino acids, 12 are made by the body and the other 9 must be obtained from the food you eat.

Both **COMPLETE** and **INCOMPLETE** proteins are desirable. If you have a varied diet, you should not be concerned about lacking any of the amino acids.

Add more protein!
Try these ideas!

- Have a protein food with breakfast, like eggs or ham, or turkey bacon.
- Make a sandwich using egg or tuna salad, peanut butter or sliced lean meat.
- Add chicken, tuna, nuts, beans, or a hard-cooked egg to a salad.
- Serve a variety of bean dishes like chili, lima beans and ham, refried beans, black beans, or red beans and rice.
- Choose healthy snacks like nuts, peanut butter, jerky, or a hard-cooked egg.
- Add lean meat to spaghetti sauce.

But make it low-fat.

- Select cuts of meat that are low in fat.
- Trim fat from meat and remove poultry skin before cooking.
- Drain fat from cooked ground meat.
- Eat fish several times a week.
- Grill, broil, poach or roast as cooking methods.
- Choose lean turkey or roast beef for sandwiches instead of fatty luncheon meats.
- Eat cooked dried beans, peas, and lentils frequently
- Add tofu to stir fry dishes

Delicious, protein-filled recipes

CALICO BEANS

1/2 cup onion, chopped
1 can (16 oz.) pork and beans
1 can (16 oz.) white beans, drained
1 can (16 oz.) kidney beans, drained
1/2 cup catsup
1/2 cup brown sugar
2 teaspoons vinegar
1 teaspoon dry mustard
Cooking spray

In a large skillet sauté onion in cooking spray. Add remaining ingredients. Simmer uncovered 10-15 minutes; stir occasionally. Yield: 6-8 servings.

SALMON OR TUNA PATTIES

1 can (6 or 7 oz.) salmon or tuna	1/4 teaspoon dill weed
1/2 cup cracker crumbs	1/8 teaspoon celery salt
2 eggs, beaten	1/8 teaspoon onion powder
2 Tablespoons lemon juice	
1 teaspoon parsley flakes	1/8 teaspoon pepper

Drain fish; remove skin from salmon. Combine fish, cracker crumbs, egg and lemon juice. Mix in seasonings. Shape into patties. Spray the skillet with cooking spray and fry patties on both sides until golden brown. Yield: 4 servings.

CHICKEN CHILI VERDE

1 1/2 lbs. chicken
4 Tablespoons oil
3 Tablespoons flour
2 garlic cloves, minced or 1 teaspoon garlic powder
1/2 teaspoon cumin
1 teaspoon salt
1 can (7 oz.) green chilies or 1/2 cup roasted chili peppers
4 cups water



Cut chicken into bite-size pieces. In a medium saucepan brown chicken in 2 Tablespoons oil. Add remaining oil and flour. Stir constantly until flour browns. Add garlic, cumin, and salt. Mix in chilies and water; bring to a boil. Cover and simmer until chicken is tender and sauce thickens, 30-45 minutes. Use as filling for burritos, sprinkle with grated cheese. Yield: 4-6 servings.

For someone who needs 2000 calories per day, he/she should eat 5 1/2 oz. equivalents in the meat and beans group.

Ounce equivalents include:

- Meat, poultry, or fish the size of a deck of cards= 3 oz.
- 6 thin slices of lunchmeat (ham)= 2 oz.
- 7 medium shrimp= 2 oz.
- 25 almonds= 2 oz.
- 13 cashews= 2 oz.
- 9 walnuts= 2 oz.
- 1/2 cup black, kidney, pinto beans= 2 oz.