

Create MyPlate Recipes to Try at Home

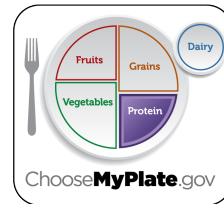
## INGREDIENTS

- 6-ounce can water-packed tuna, drained
- ½ small onion, diced
- 2 hard-cooked eggs, peeled and finely chopped
- 1 tsp lemon juice
- ¼ cup sweet pickle relish
- ½ cup low-fat salad dressing
- ½ cup chopped celery
- Whole grain crackers
- Pepper to taste

## DIRECTIONS

Mix tuna, eggs, pickle relish, celery, onion, lemon juice, and salad dressing in a medium bowl. Put about 2 teaspoons of tuna mixture on each whole grain cracker.

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Protein Group, The University of Vermont Extension.



Create MyPlate Recipes to Try at Home

## INGREDIENTS

- 1-pound lean ground beef
- 1 onion, finely chopped
- 2 cups light red kidney beans
- 1 can low sodium tomato soup (no water added)
- 1 Tbsp chili powder (or to taste)
- 10 drops hot pepper sauce (optional)

## DIRECTIONS

In a large skillet, brown the meat for about 10 to 15 minutes. Drain the meat; add onion and cook for 5 minutes. Add kidney beans, soup, and chili powder and heat for 5 minutes. Optional: Add hot pepper sauce or set out on table to add as desired.

Source: What's cooking? USDA Mixing Bowl

