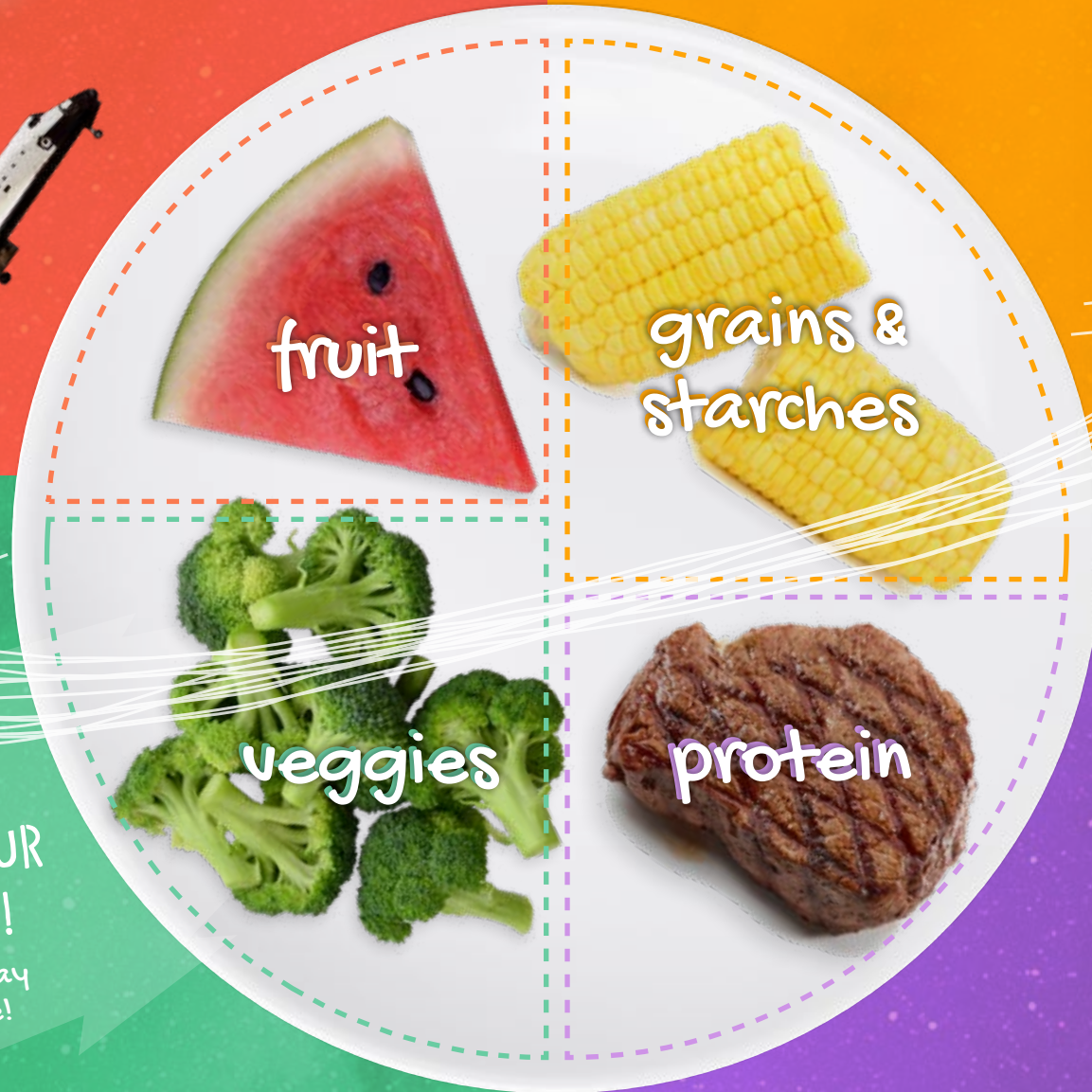


SUPER FOODS

fuel your fun!



**EXERCISE
FOR AN HOUR
EVERY DAY!**

Get moving, play
and be active!

VEGETABLES

carrots
tomatoes
cucumbers
snap peas
baby bell peppers
broccoli
asparagus
zucchini
salad greens
cabbage



FRUIT

berries
apples
oranges
nectarines
melon
1/2 banana
mango
kiwi
grapefruit
grapes



GRAINS & STARCHES

100% whole grain bread
english muffins
brown rice
beans
whole grain cereal
whole grain pasta
corn
peas
potatoes
lentils



DAIRY

milk
yogurt
cheese
kefir
lactose-free milk
fortified, unsweetened soy milk



PROTEIN

beef
pork
chicken
turkey
fish
eggs
beans
nuts
soy



Lone Star Beef & Veggie Sliders

Makes 16 servings • 10 min

INGREDIENTS

2 lb. Ground Beef, (95% lean)
1 medium zucchini, grated
1 medium carrot, grated
6 cloves garlic, minced
1/2 cup cilantro, chopped
1/4 cup plain bread crumbs
1 egg, beaten
2 Tbsp. chili powder
2 tsp. ground cumin
2 tsp. Kosher salt
1 tsp. freshly ground black pepper
Cooking spray
16 whole-wheat buns

1. Preheat gas or charcoal grill to 400°F.
2. Combine Ground Beef and other ingredients in a large bowl, mixing lightly, but thoroughly. Shape into 16 2-oz thick patties. Make a small indentation in the center of the burger with your thumb.
3. Place burgers on oiled grates and grill for approximately 3-5 minutes on one side. Flip once, grilling on the other side for 3-5 minutes or until internal temperature reaches 160°F with a meat thermometer inserted into the thickest part of the burger.
4. Serve on buns, toast or hard rolls garnished as you like.

NUTRITION INFORMATION

Based on 95% lean Ground Beef. Nutrition information per serving: Calories 200; Total Fat 5g (Sat. fat 1.5g; Trans fat 0g); Cholest. 45mg; Sodium 250mg; Total Carb. 23g; Fiber 2g; Total Sugars 4g; Protein 18g; Vit D (0% DV); Calcium (4% DV); Iron (10% DV); Potassium (6% DV)

Serve with half a plate of fruits and vegetables, and a glass of milk.

Serving size based on elementary-aged child.

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