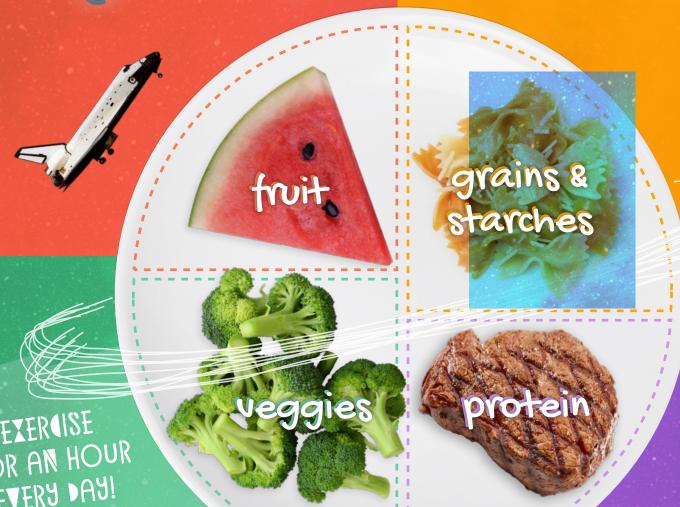
# fuel your fun!





EXERCISE FOR AN HOUR EVERY DAY!

bet moving, play and be active!

## **VEGETABLES**

carrots
tomatoes
cucumbers
snap peas
baby bell peppers
broccoli
asparagus
3ucchini
salad greens
cabbage



#### **FRUIT**

berries
apples
oranges
nectarines
melon
small banana
mango
kiwi
grapefruit
grapes



# **GRAINS & STARCHES**

whole grain bread
english muffins
brown rice
beans
whole grain cereal
oatmeal
tortillas
whole grain pasta
popcorn



#### **DAIRY**

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



## **PROTEIN**

beef
pork
chicken
turkey
fish
eggs
beans
nuts



# Lone Star Beef & Veggie Sliders

Makes 16 servings • 10 min



#### **INGREDIENTS**

2 lbs. 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
1/4 tsp. Kosher salt
1 tsp. freshly ground black pepper
Cooking spray
16 whole wheat slider-size buns

Preheat gas or charcoal grill to 400°F.

Combine Ground Beef and other ingredients in a large bowl, mixing lightly, but thoroughly. Shape into 16 patties. Make a small indentation in the center of each burger with your thumb.

Place burgers on oiled grates and grill for approximately 3-5 minutes on one side. Flip once. Grill on the other side for 3-5 minutes or until internal temperature reaches 160°F measured using a meat thermometer inserted into the thickest part of the burger.

Serve on buns, garnished as you like.

#### **NUTRITION INFORMATION**

Based on 95% lean Ground Beef. Nutrition information per serving (1 slider with bun): 200 Calories; 50 Calories from fat; 5g Total Fat (1g Saturated Fat; 1g Monounsaturated Fat); 45mg Cholesterol; 250mg Sodium; 23g Total Carbohydrate; 2g Dietary Fiber; 18g Protein; 2mg Iron; 3mg Niacin; 0.3mg Vitamin B6; 1.4mg Vitamin B12; 3mg Zinc; 10mcg Selenium; 50mg Choline

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Zinc, and Selenium

**NOTE:** Serve with half a plate of fruits and vegetables, and a glass of milk. Serving size based on elementary-aged child.

