Taco in a Bag
-or-
Pizza Salad
served with Ants on a Log and Yummy Fruit Picada

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ENTRÉE 1 IS PART OF A MEAL THAT MEETS TARGET 2 SODIUM LEVELS
ENTRÉE 2 IS PART OF A MEAL THAT MEETS TARGET 3 SODIUM LEVELS
Entrée 1: Taco in a Bag

Prep Time: 5 min   Total Time: 20 min   Serves: 4

Directions

1. Heat pan and add ground beef; stir occasionally until warmed through.
2. Add taco seasoning and stir to coat.
3. In a separate pan, heat oil. Add the onions and tomatoes; saute.
4. Open bags of tortilla chips. Divide beef mixture and onion and tomato mixture evenly between them.
5. Top each with lettuce, cheddar cheese and a ½ tablespoon of sour cream.
6. Serve and enjoy!

Ingredients

4.4 ounces precooked ground beef crumbles
1 tablespoon plus 1 teaspoon taco seasoning
1 ½ teaspoons oil
¼ cup chopped yellow onion
¼ cup diced fresh tomatoes
4 1.5-ounce bags of whole grain tortilla chips
½ cup shredded romaine lettuce
8 ounces shredded cheddar cheese
2 tablespoons sour cream
**Entrée 2: Pizza Salad**

**Prep Time:** 10 min  
**Total Time:** 30 min  
**Serves:** 4

### Ingredients
- 4 cups whole grain penne
- 1 ½ cups diced fresh tomatoes
- 12 ounces shredded cheddar cheese
- 32 slices turkey pepperoni
- 3 tablespoons oil
- Dash of garlic powder (optional)
- Dash of dried oregano (optional)
- Dash of crushed red pepper flakes (optional)

### Directions

1. Bring a large pot of water to boil. Add pasta and cook until al dente. Drain and set aside.

2. Heat 1 tablespoon of oil in a pan; saute tomatoes until edges are crisp.

3. In a large bowl, combine pasta, tomatoes and pepperoni.

4. Add shredded cheese; stir gently until cheese is melted.

5. Drizzle remaining oil over salad and stir to coat. Add garlic powder, dried oregano and crushed red pepper as desired.

6. Serve and enjoy!
Ants on a Log

Prep Time: 5 min   Total Time: 10 min   Serves: 4

Ingredients

2 large celery stalks
1 tablespoon SunButter
1 tablespoon orange flavored dried cranberries
1 tablespoon strawberry flavored dried cranberries

Directions

1. Wash celery stalks and trim ends. Cut into 4-inch sticks.
2. Divide the Sunbutter between the sticks, spreading along the inner part.
3. Place the cranberries in a row along each celery stick.
4. Serve and enjoy!
Yummy Fruta Picada

Prep Time: 2 min    Total Time: 10 min    Serves: 4

**Ingredients**

2 apples
2 oranges
1 tablespoon chili powder

**Directions**

2. Sprinkle fruit with chili powder.
3. Serve and enjoy!