

Taco in a Bag

-or-

Pizza Salad

served with Ants on a Log and Yummy Fruit Picada

*Created by Dolores Huerta Foundation
Liberated Youth for Empowerment (LYFE), Kern
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*LIBERATED YOUTH
FOR EMPOWERMENT*



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

Ingredients

4.4 ounces precooked ground beef
crumbles

1 tablespoon plus 1 teaspoon taco
seasoning

1 ½ teaspoons oil

¾ cup chopped yellow onion

¾ 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

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!

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

- 1.** Core and dice apples. Cut peel off oranges and dice. Combine in a bowl.
- 2.** Sprinkle fruit with chili powder.
- 3.** Serve and enjoy!