

MEETING YOUR
MYPLATE
GOALS ON A
BUDGET



INTRODUCTION

Welcome! We're excited to share with you these tips for meeting your MyPlate goals on a budget. Think it's not possible? You're not alone – in fact, 62% of shoppers say it costs too much to eat healthy food. The good news is that it truly can be easy and affordable. In fact, one study showed that serving fruits and vegetables for snacks can actually SAVE you money. Snack-size portions of produce cost about 2 cents less on average than snack-size portions of foods like crackers, chips, or donuts.

Once you know you can do it, all you need are the tips and tricks to make it happen. Throughout this guide you'll find many ideas for making healthy, affordable choices using MyPlate as a guide. You'll also get recipes and cooking tips to make those healthy foods taste great for your family. So what are you waiting for? Let's get started!

This guide is brought to you by the following
MyPlate National Strategic Partners:

Egg Nutrition Center



Canned Food.
The Easy Way to Eat Right.





TIP SHEETS

MyPlate	2
Fruits and Vegetables	4
Grains.....	8
Protein.....	10
Dairy.....	12



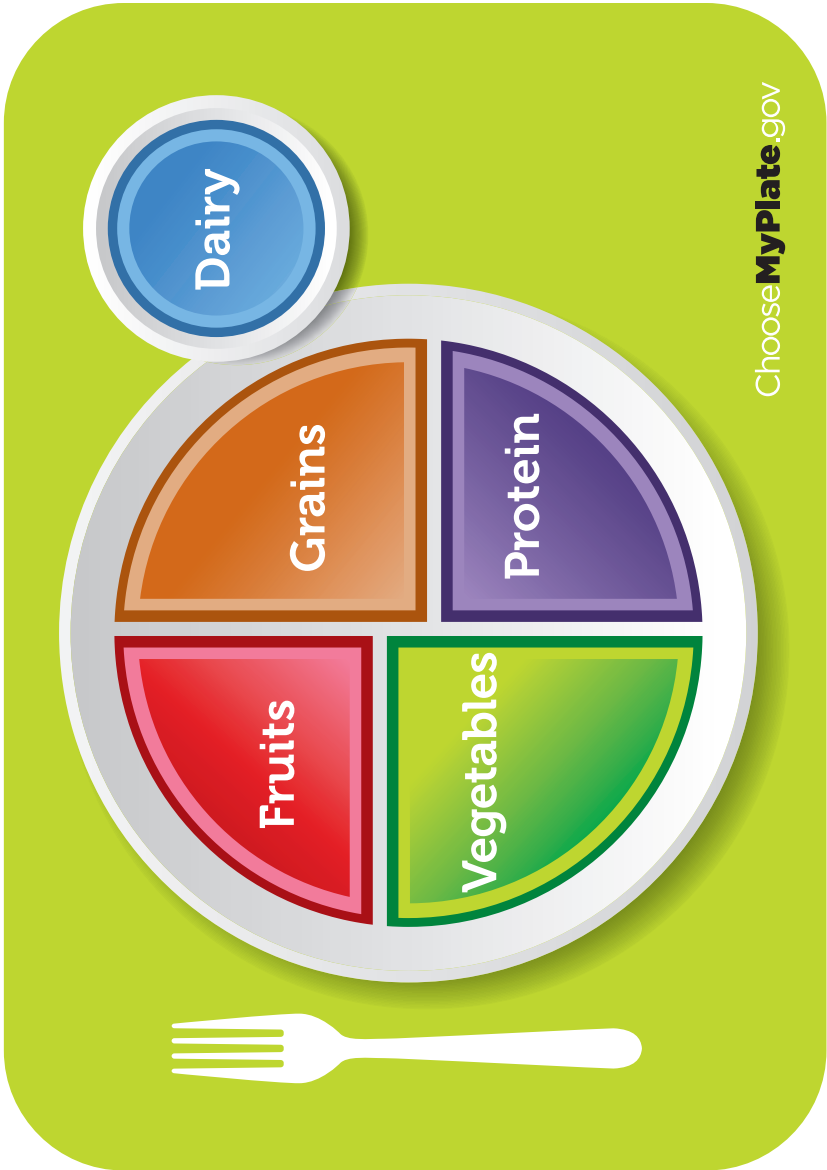
RECIPES

See page 15 for the complete list of recipes	15-40
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MYPLATE

So what is MyPlate anyways? MyPlate shows you the five food groups that are the building blocks for a healthy diet using a familiar image — a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl. Use the tips in this guide to fill your plate with healthy foods without breaking the bank.





VEGETABLES

Vary your veggies.

Make half your plate fruits and veggies.

Select vegetables with more potassium often, such as white potatoes, sweet potatoes, white beans, tomato products, beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.



FRUITS

Focus on fruits.

Make half your plate fruits and veggies.

Color your plate! Fill it with red, yellow, orange, blue, and purple fruits.



GRAINS

Make at least half your grains whole.

Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole."



PROTEIN

Go lean with protein.

Eat lean meat, chicken, and turkey. Ask for it baked, broiled, or grilled — not fried. Mix it up! Beans, peas, nuts, seeds, fish, and eggs are all great sources of protein, too.



DAIRY

Get your calcium-rich foods.

Look at the carton or package to make sure your milk, yogurt, or cheese is fat-free or low-fat (1%).

Calcium builds strong bones. If you can't have milk products, choose other calcium sources like fortified soy milk.



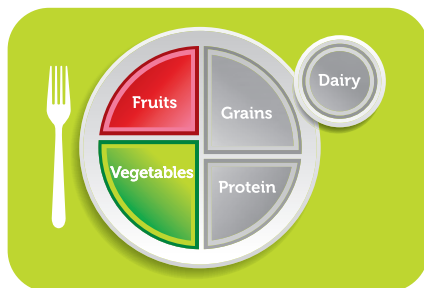
FRUITS AND VEGETABLES

MyPlate says:

Make half your plate fruits and vegetables.

The Budget Shopper says:

Buy fruits and vegetables in all their forms — fresh, frozen, and canned.



Fresh, frozen, and canned are all nutritious forms of fruits and vegetables. In fact, canned and frozen produce is typically picked and packed at its peak, when it's chock-full of nutrients. It also lasts longer than fresh, which can cut down on the amount you waste. Try these tips for choosing wisely with fresh, frozen, and canned:

- Buy fresh produce when it's in season. It will cost less and taste better than out-of-season produce.
- Buy canned or frozen produce year-round. Look for veggies that have not been pre-sauced and say “no salt added,” “low sodium,” or “reduced sodium.” Look for fruits canned in 100% fruit juice, light syrup, or water.

Time-saving tip: Another great thing about canned and frozen produce?

It often comes pre-chopped and pre-cooked (think diced tomatoes and cut green beans), saving you time in the kitchen! Don't try this with fresh produce — pre-rinsed and pre-cut will almost always cost you more.

FOR MORE TIPS ON COOKING
WITH CANNED FOODS, VISIT
WWW.MEALTIME.ORG.

How Much Produce Can You Buy For \$10?

The USDA's MyPlate recommends that we fill half our plates with all forms of fruits and vegetables, or about 2.5 cups of vegetables and 2 cups of fruit each day. Using a combo of fresh, frozen, and canned produce, you can get 3 extra servings of fruits and veggies compared to buying only fresh!



1 Based on average prices. Actual prices will vary throughout the year based on location, seasonality, discounts, and other factors.

2 Combination bag contents include frozen peas, fresh green beans and pears, and canned corn, peaches, and tomato.

The Budget Chef likes potatoes!

At about 19 cents per serving, potatoes are the largest, most affordable source of potassium in the produce department. They have even more potassium than a banana! Most Americans are not meeting the recommended amount of potassium per day — and that's a big deal. Potassium can help lower blood pressure and may decrease chances of kidney stones and bone loss.

The Budget Chef cooks microwaved potatoes 3 ways!

For these recipes, start with 4 (5- to 6-ounce) whole potatoes, rinsed. Each recipe serves 4.

Classic Baked Potatoes

Cut a wedge out of each potato, about ½-inch wide and 1-inch deep. This allows steam to escape while microwaving. Place in a microwave-safe dish. Microwave on high, uncovered, 10-12 minutes. Using a kitchen towel or oven mitts, remove hot dish from microwave. Carefully make a slit in the top of each potato. Fluff with a fork. Add your favorite toppings. For an extra veggie boost, top with chopped tomatoes, steamed broccoli, or cut corn.



Basic Mashed Potatoes

Place potatoes into microwave-safe dish. Do NOT puncture the skin. Cover — if covering with plastic wrap, poke small hole in plastic. Microwave on high, 10-12 minutes. Using a kitchen towel or oven mitts, remove hot dish. Carefully remove cover. Mash well with a fork. Stir in ½ cup each low-fat plain yogurt and low-fat milk, plus 1½ Tablespoons oil.



Microwave Roasted Potatoes

Cut potatoes into 1-inch cubes. Place in microwave-safe dish. Drizzle 2 Tablespoons canola or olive oil. Sprinkle with herbs or seasonings of your choice (such as dried thyme, sage, or paprika). Toss to coat evenly. Cover — if covering with plastic wrap, poke small hole in plastic. Microwave on high, 10-12 minutes. Using a kitchen towel or oven mitts, remove hot dish and serve.



FOR MORE TIPS ON COOKING WITH POTATOES,
VISIT WWW.POTATOGOODNESS.COM.

POTASSIUM IS AN IMPORTANT NUTRIENT

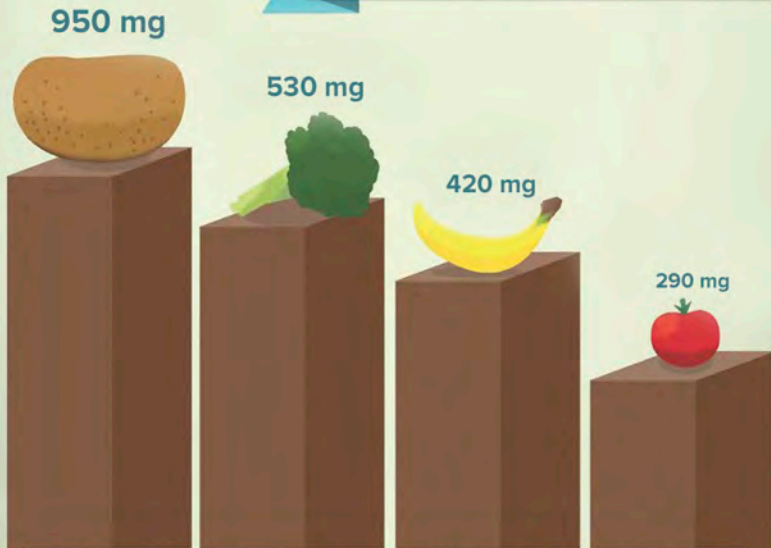
MOST

AMERICAN DIETS ARE LACKING¹



POTATOES² ARE THE LARGEST, MOST AFFORDABLE SOURCE OF POTASSIUM IN THE PRODUCE DEPARTMENT³.

EAT YOUR FRUITS AND VEGGIES!



POTASSIUM CONTENT PER MEDIUM FRUIT OR VEGETABLE⁴

SOURCES:

¹2010 Dietary Guidelines for Americans

²with skin on

³Drewnowski A and Rehm C. JADA 2011; 9:A90

⁴Potassium data based on medium baked Russet potato, medium stalk cooked broccoli, medium raw banana, and medium raw whole tomato. Source: USDA National Nutrient Database for Standard Reference, Release 26.



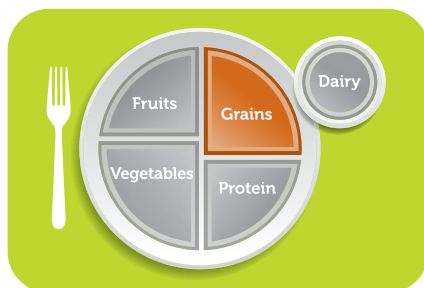
GRAINS

MyPlate says:

Make at least half your grains whole.

The Budget Shopper says:

Store brands can save you money on your favorite whole grain foods.



Whole grains don't have to cost more. In fact, many of your favorite grains are available as whole grains for the same price. You can also look for store brands, like store brand cereal. Try a few and see which ones compare well on taste. Another money-saving bonus? Whole grains that contain fiber can keep you full for longer — so you may not need to cook or serve as much to begin with!

New to whole grains? Here's a tip: buy the whole-grain version of the grains you already love. You can find whole grain cereal, rice, pasta, bread, crackers, tortillas, and more. To get your family used to the more wholesome taste, start by mixing them together — like half brown rice and half white rice. Slowly increase the amount of whole grains you use. How do you know a food is whole grain? Look for a whole grain word (like whole wheat flour, whole oats, or brown rice) as the first ingredient in the ingredients list.

Time-saving tip: Cook once and eat all week. Cooked whole grains like brown rice can be stored in the fridge for 3-5 days or frozen for up to 6 months. Make a big batch over the weekend or whenever you have the most time. Then use with your meals all week long. Just add a small amount of water to add moisture when reheating.

The Budget Chef likes brown rice!

At just 10 cents and 100 calories per serving, brown rice is a great choice for your wallet and your health.

The Budget Chef cooks brown rice bowls!

So fast. So easy. So good. Just follow these 3 easy steps:

1. Start with brown rice.

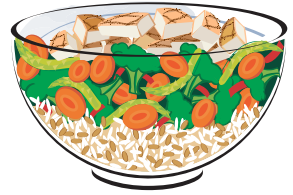
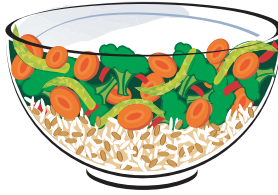
One cup cooked serves 2 people.

2. Pack in produce.

Choose veggies in a variety of colors — like green, red, orange, and yellow.

3. Top with healthy proteins.

Try proteins like canned fish or beans, eggs, poultry with skin removed, or unsalted nuts.



Now add some flavor to fit your mood and dinner (or breakfast! or lunch!) is ready. Try these combos or create your own.

RICE BOWL VARIETIES	VEGETABLES OR FRUIT	PROTEIN	SAUCE, SEASONING OR GARNISH
Southwest Fajita Bowl	Green and red pepper strips, onions, corn	Grilled chicken or beef strip	Garnish with shredded low-fat cheese, salsa
Taco Bowl	Tomatoes, onions, green pepper strips	Taco-seasoned lean ground beef or chicken	Garnish with low-fat cheddar cheese, low-fat plain yogurt and tortilla chips
Vegetarian Salad Bowl	Cucumbers, tomatoes, carrots, celery	Black, pinto or kidney beans	Italian salad dressing. Garnish with shredded low-fat cheese
Thai Bowl	Red peppers, hot peppers, pea pods, carrots, green onions	Chicken, pork or seafood (baked, grilled, or sauteed instead of fried)	Thai peanut sauce or curry sauce. Garnish with fresh cilantro or basil
Fruit & Nut Breakfast bowl	Mangos, bananas or apples	Walnuts or almonds	Brown sugar, cinnamon, raisins or milk
Huevos Breakfast Bowl	Diced tomatoes, green onions, green peppers	Cooked scrambled eggs	Taco sauce. Garnish with low-fat cheddar cheese and fresh cilantro

FOR MORE TIPS ON COOKING WITH RICE, VISIT WWW.USARICE.COM/MYPLATE.

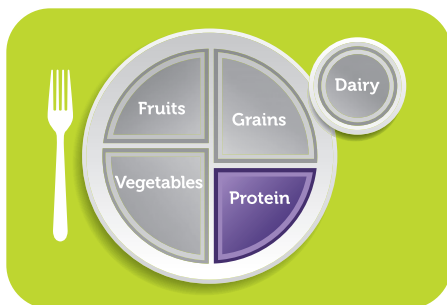
PROTEIN

MyPlate says:

Choose lean proteins and vary your protein food choices.

The Budget Shopper says:

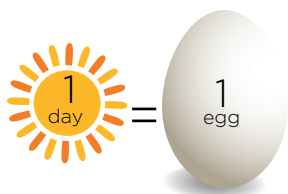
Use healthy, affordable proteins like beans, eggs, and canned fish several times per week.



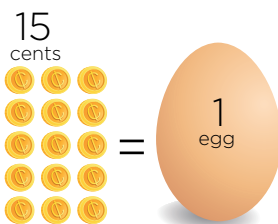
Check your receipts next time you go to the store. Protein foods are likely one of the biggest strains on your wallet when it comes to food shopping. Save big by using budget-friendly proteins more often. Replace half the ground meat in tacos with your favorite beans. Use canned tuna or salmon in your next casserole. Or top a salad with hardboiled eggs for protein power. If you're buying meat or poultry, check your store flyers before you shop. If you have enough space in your freezer, buy in bulk whatever is on deep discount and freeze what you won't use right away.

Time-saving tip: Dried beans are great when you have the time to soak them, but canned beans are a great time-saver for weeknight meals. Rinse and drain before using to cut the sodium by almost half, or look for low-sodium or no-salt-added versions.

Other Egg-cellent Benefits



Studies suggest that healthy individuals can enjoy an egg a day without increasing blood cholesterol levels.



Eggs are one of the most affordable sources of high-quality protein.

The Budget Chef likes eggs!

At just 15 cents per egg, eggs are one of the most affordable sources of high-quality protein. One egg contains 6 grams of protein and varying amounts of 13 essential vitamins and minerals — all for about 70 calories.

The Budget Chef cooks easy eggs!

Scrambled Eggs

Beat eggs with a fork for 20-30 seconds. Heat pan over medium-low. Coat with cooking spray. Turn heat down to low and add eggs. Wait until you see eggs start to “set,” or firm up, on the bottom. Begin to stir, pushing eggs toward the center of the pan. When eggs are cooked to your liking, add any other ingredients you like. Try adding herbs, chopped tomatoes, or sautéed mushrooms or veggies. Remove from pan and serve right away.



Hard Cooked Eggs (commonly referred to as “hard boiled” eggs)

Place eggs in a pot large enough to hold them in a single layer. Cover with cold water. There should be about an inch of water over the top of the eggs. Turn heat on high. As soon as water comes to a rapid boil, remove pot from heat. Cover tightly with a lid. Let sit 9-15 minutes, depending on the size of the egg. Remove lid and drain off water. Transfer eggs to a bowl of cold water. Let sit at least 10 minutes. Peel and serve. Or, if you won’t eat right away, refrigerate after cooling. Do not peel until ready to eat.



Fried Eggs

Heat a pan over medium heat. Coat with cooking spray. Crack egg into a small bowl. Gently slide it off the bowl and into the pan. Immediately reduce heat to low. Cover pan with a lid. Cook about 5 minutes, until egg white turns solid and yolk begins to thicken. Slide cooked egg onto a plate.



FOR MORE TIPS ON COOKING WITH EGGS, VISIT
WWW.INCREDIBLEEGG.ORG.

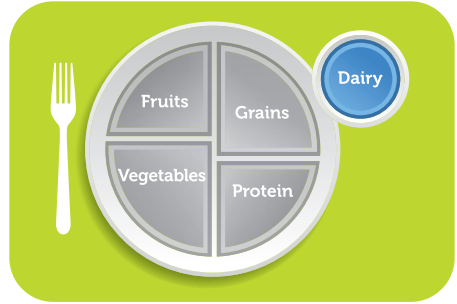
DAIRY

MyPlate says:

Choose low-fat (1%) or nonfat milk and milk products.

The Budget Shopper says:

Compare unit prices to find the best deal.



Larger packages of foods often have a lower unit price. In the dairy aisle, compare unit prices for a gallon versus a half-gallon of milk, a tub of yogurt versus individual-size packages, or a larger versus smaller bag of cheese. Choose the item with the lower unit cost. Worried you won't use up the larger item before it goes bad? Dairy foods can be frozen for later use.

Not sure where to find unit price? You can usually find it on the shelf tag just under the food. It will often be listed as “price per ounce” or “price per gallon” — think of gas prices, which are listed as “price per gallon.” The unit price tells you how much it costs for a set amount of food, so you can compare “apples to apples” (or “yogurt to yogurt”!).



Time-saving tip: Compare unit prices for block and pre-shredded cheese. Sometimes pre-shredded cheese can have a lower unit price, particularly if it's on sale. You won't know until you check.



Unit price

The price per unit (e.g., price per pound, price per ounce).

Retail price

Your total cost for the item.



The Budget Chef likes low-fat milk!

New to drinking or cooking with low-fat milk? Try going down just one fat level at a time to get your family used to the taste. If you drink whole milk, start with 2%. If you drink 2%, move to 1%. When you feel ready, try going down one more level. Or, start by mixing higher- and lower-fat milk. Slowly increase the amount of lower-fat milk.

The Budget Chef cooks lower-fat family favorites!

Start lightening up your family's favorite dishes with this recipe for a Simple White Sauce. Use it in place of cream sauces in your recipes — like Fettuccine Alfredo or Tuna Noodle Casserole.

1. In a small bowl, use a fork to whisk together 2 Tablespoons cornstarch and 1 cup nonfat or low-fat milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with $\frac{1}{4}$ teaspoon and add to your taste.
4. Remove from heat. Serve hot.

**FOR MORE HEALTHY,
AFFORDABLE COOKING
TIPS AND RECIPES, VISIT
COOKINGMATTERS.ORG.**



RECIPES

The recipes in this guide have all been chosen to help you meet your MyPlate goals on a limited budget. The ingredients are low-cost and can be found in most food stores. Plus, they don't require any fancy cooking tools to make. For more low-cost recipe ideas, check out our websites found throughout this guide. Also visit ChooseMyPlate.gov and click on "Sample Menus and Recipes."

Apple-Sage Wild Rice Stuffing.....	16
Barley Jambalaya.....	18
Broccoli-Cheddar Frittata	20
Brown Rice Tabbouleh	22
Brown Rice With Sizzling Chicken and Vegetables	24
Fish Braised in Green Curry with Potatoes.....	26
Microwave Denver Scramble Slider.....	27
Pasta Salad with Herb Vinaigrette	28
Peanut, Peach, 'n Pineapple Wrap.....	30
Quick and Easy Baked Potato Salad	31
Quick and Easy Potato Casserole	32
Smoked Ham Hocks with Lima Beans.....	34
Tex-Mex Skillet.....	36
Tuscan-Style Pasta with Cannellini.....	38
Tuscan Potato Skillet	40

APPLE-SAGE WILD RICE STUFFING

www.usarice.com/myplate

Serves 12

Prep time: 25 minutes • Cook time: 20 minutes



BARLEY JAMBALAYA

www.CookingMatters.org

Serves 6, 1¼ cups per serving

Prep time: 25 minutes • Cook time: 1 hour



INGREDIENTS

- 1 cup instant pearl barley
- 4 cups water
- 2 whole bay leaves
- 3 medium onions
- 2 medium celery stalks
- 1 medium green, red, yellow, or orange bell pepper
- 2 medium cloves garlic
- 1 Tablespoon canola oil
- 4 ounces ground turkey
- 2 (14½-ounce) cans diced tomatoes, no salt added
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 1½ teaspoons dried oregano
- 1 teaspoon ground black pepper

MATERIALS

- Can opener • Colander • Cutting board • Large pot with lid • Measuring cups • Measuring spoons • Medium pot with lid • Mixing spoon • Sharp knife

DIRECTIONS

In Advance

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley, water, and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and water is absorbed, about 20–30 minutes.
3. In a colander, drain barley. Set aside.

Preparation

4. Peel, rinse, and dice onions. Rinse and dice celery and pepper. Peel and mince garlic.
5. In a large pot over medium-high heat, heat oil.
6. Add onions, celery, pepper, and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.
7. Add ground turkey. Cook until internal temperature registers 165°F on a food thermometer, about 5 minutes more.
8. Add tomatoes and their juices. Bring to a simmer.
9. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
10. Add cooked barley to the mixture. Stir to combine. Add more water or broth, if needed. Cook over low heat to blend flavors, about 5–10 minutes more.
11. Remove bay leaves and serve.

CHEF'S NOTES

- To save time, cook barley up to 2 days in advance. Refrigerate until ready to use. Add to pot in step 10. Or, use another whole grain you have made in advance, like brown rice.
- When doubling this recipe, do not double cayenne pepper unless you prefer a very spicy dish.
- For a vegetarian option, use cooked or canned pinto or black beans, rinsed and drained, in place of meat.

Nutrition Facts

Serving Size 1 1/4 cups (302g)
Servings per Recipe 6

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 440mg 18%

Total Carbohydrate 41g 14%

Dietary Fiber 9g 36%

Sugars 9g

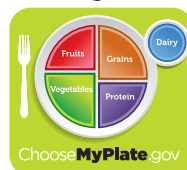
Protein 9g

Vitamin A 20% • Vitamin C 80%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
● Grains	1 oz.	6 oz.
● Vegetables	1 cup	2½ cups
● Fruits	—	2 cups
● Dairy	—	3 cups
● Protein	½ oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

BROCCOLI-CHEDDAR FRITTATA

www.incredibleegg.org

Serves 6

Prep time: 10 minutes • Cook time: 20-25 minutes



INGREDIENTS

1 package (10 oz.) frozen chopped broccoli
 ¼ cup water
 8 eggs
 ¼ cup nonfat or low-fat milk
 2 teaspoons prepared mustard
 1 teaspoon seasoned salt
 ½ teaspoon pepper
 ¾ cup shredded reduced-fat cheddar cheese (3 oz.)
 1 tablespoon chopped green onion
 Nonstick cooking spray

Optional Ingredients

1 small carrot, diced

MATERIALS

10-inch skillet • Large bowl • Measuring cups • Measuring spoons • Mixing spoon • Sharp knife

DIRECTIONS

1. Combine broccoli, carrot, if desired, and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.
3. Coat same skillet with cooking spray; heat over medium heat until hot. Pour in egg mixture; cook over low to medium heat until eggs are almost set, 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

CHEF'S NOTES

- Broil option: After removing from heat, frittata can be broiled, 6 inches from heat until eggs are completely set and no visible liquid egg remains, 2 to 3 minutes.
- Three ways to serve a frittata: Serve wedges right from pan, slide uncut frittata topside-up onto platter, or invert it onto platter to show its nicely-browned bottom.

Nutrition Facts

Serving Size (142g)
 Servings per Recipe 6

Amount Per Serving

Calories 160 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 240mg **80%**

Sodium 470mg **20%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

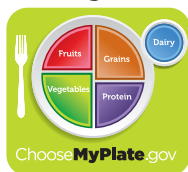
Protein 13g

Vitamin A 15% • Vitamin C 30%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	—	6 oz.
Vegetables	¼ cup	2½ cups
Fruits	—	2 cups
Dairy	½ cup	3 cups
Protein	1 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

BROWN RICE TABBOULEH

www.usarice.com/myplate

Serves 6

Prep time: 30 minutes • Cook time: none



INGREDIENTS

- 3 cups cooked brown rice
- ¾ cup chopped cucumber
- ¾ cup chopped tomato
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh mint leaves
- ¼ cup sliced green onions
- ¼ cup olive oil
- ¼ cup lemon juice
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

MATERIALS

- Large bowl • Measuring cups
- Measuring spoons • Mixing spoon • Sharp knife

DIRECTIONS

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl. Toss well and chill.

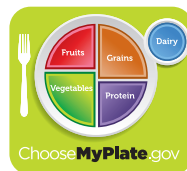
CHEF'S NOTES

- Use leftover brown rice from a meal cooked earlier in the week. Or make a big batch on the weekend to use in this dish and for other easy weeknight meals.
- For best taste, refrigerate for at least 1 hour to allow flavors to blend.
- Serve over fish or lean meats, with hummus and pita, or as a stuffing inside fresh tomatoes.

Nutrition Facts	
Serving Size (167g)	
Servings per Recipe 6	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 15%	• Vitamin C 30%
Calcium 2%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	1½ oz.	6 oz.
Vegetables	¼ cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	—	5½ oz.

*Based on a 2,000 calorie per day meal pattern

BROWN RICE WITH SIZZLING CHICKEN AND VEGETABLES

www.usarice.com/myplate

Serves 4

Prep time: 25 minutes • Cook time: 20 minutes



INGREDIENTS

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- ¼ cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1½ tablespoons canola or corn oil
- 1 lb boneless chicken breast, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 small white onion, cut into small wedges (about ⅛-inch thick wedges)
- 3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
- 1½ cup small broccoli florets
- 1 medium red bell pepper, cut into 1-inch pieces

MATERIALS

- Large skillet • Mixing spoon • Measuring cups • Measuring spoons • Sharp knife • Small bowl

DIRECTIONS

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about one minute until garlic is golden.
3. Add chicken; cook until internal temperature registers 165°F on a food thermometer, about 5-6 minutes. Then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

CHEF'S NOTES

- Use whatever leftover veggies you have on hand. Or look for veggies in season or on sale.
- Use leftover brown rice from a meal cooked earlier in the week. Or make a big batch on the weekend to use in this dish and for other easy weeknight meals.

Nutrition Facts

Serving Size (424g)
Servings per Recipe 4

Amount Per Serving

Calories 420 **Calories from Fat 90**

%Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 470mg **20%**

Total Carbohydrate 53g **18%**

Dietary Fiber 6g **24%**

Sugars 11g

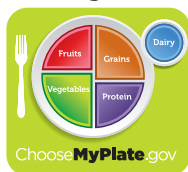
Protein 30g

Vitamin A 190% • Vitamin C 120%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	2½ oz.	6 oz.
Vegetables	1 cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	3 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

FISH BRAISED IN GREEN CURRY WITH POTATOES



www.mealtime.org

Serves 4

Prep time: 10 minutes • Cook time: 20 minutes

INGREDIENTS

- 1½ pounds fish fillets (flounder, salmon or other mild fish)
- Coarsely ground black pepper, to taste
- 1 tablespoon olive oil
- 1 can (15 ounces) sliced potatoes, drained
- 1 can (14½ ounces) low-sodium chicken broth
- 1 teaspoon chopped garlic
- 1 cup canned, light coconut milk
- 2 teaspoons canned Thai green curry paste
- 2 tablespoons chopped parsley, optional

MATERIALS

- Can opener • Large skillet • Measuring cups • Measuring spoons • Sharp knife

DIRECTIONS

1. Season fish fillets with pepper.
2. Heat oil in a large skillet and brown fish on both sides.
3. Add potatoes, broth and garlic to the skillet. Simmer until the fish flakes with gentle pressure and internal temperature registers 145°F on a food thermometer, about 5 minutes.
4. Transfer fish and potatoes to a warm platter.
5. Over high heat, reduce liquid in the pan by about half.
6. Stir in coconut milk and curry paste.
7. Simmer until lightly thickened.
8. Stir in parsley and pour over fish and potatoes.

CHEF'S NOTES

- Use whatever type of fish are on sale or at best price. Check prices of frozen fish fillets.

Nutrition Facts

Serving Size (443g)
Servings per Recipe 4

Amount Per Serving

Calories 310 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 410mg **17%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 2g

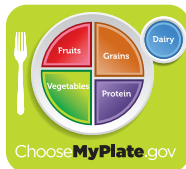
Protein 38g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	—	6 oz.
Vegetables	½ cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	4 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

PASTA SALAD WITH HERB VINAIGRETTE

www.incredibleegg.org

Serves 6

Prep time: 20 minutes • Cook time: 0 minutes



INGREDIENTS

Pasta Salad

6 oz. uncooked whole wheat pasta, cooked, drained
 1 cup chopped fresh broccoli
 ¾ cup chopped tomato
 ½ cup shredded carrot
 6 hard cooked eggs (commonly referred to as "hard boiled"), cut into wedges

Dressing

½ cup white wine vinegar
 2 tablespoons olive oil
 2 tablespoons water
 1 teaspoon dried basil leaves
 1 teaspoon dried oregano leaves
 ¾ teaspoon garlic salt

MATERIALS

Large bowl • Measuring cups • Measuring spoons • Mixing spoon • Sharp knife • Small bowl

DIRECTIONS

1. Whisk dressing ingredients in small bowl until blended.
2. Combine pasta, broccoli, tomato and carrot in large bowl; toss. Pour dressing over pasta mixture; toss until evenly coated. Add eggs; toss briefly
3. Refrigerate, covered, at least 4 hours to blend flavors.

CHEF'S NOTES

- For a different flavor or to reduce cost, use any other vinegar you have on hand.

Nutrition Facts

Serving Size (148g)
 Servings per Recipe 6

Amount Per Serving

Calories 220 **Calories from Fat 90**

%Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 200mg **8%**

Total Carbohydrate 25g **8%**

Dietary Fiber 4g **16%**

Sugars 1g

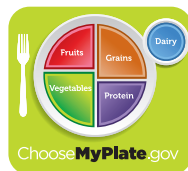
Protein 11g

Vitamin A 50% • Vitamin C 25%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	1 oz.	6 oz.
Vegetables	¼ cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	1 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

PEANUT, PEACH, 'N PINEAPPLE WRAP

www.mealtime.org

Serves 4

Prep time: 15 minutes • Cook time: none



INGREDIENTS

- 1 can (8 ¼ ounces) sliced peaches in 100% fruit juice, drained
- 1 can (8 ounces) pineapple tidbits in 100% juice, drained
- ½ cup red or green bell pepper, chopped
- ½ teaspoon cinnamon
- 4 (10-inch) whole wheat tortillas
- ½ cup chunky peanut butter
- 3 cups lettuce (deeper-green variety), shredded

MATERIALS

- Colander • Measuring cups • Medium bowl • Sharp knife

DIRECTIONS

1. In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon.
2. Warm the tortillas.
3. Spread 2 tablespoons of peanut butter on one side of each tortilla, leaving room on the edges.
4. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce.
5. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

CHEF'S NOTES

- Mix the drained juices with your breakfast juice if you like.
- To make them more pliable before wrapping, warm tortillas. 10 to 15 seconds on high heat in the microwave, 3 to 5 minutes at 350°F in aluminum foil in the oven, and 15 seconds per side over medium-high on the stove top.

Nutrition Facts	
Serving Size (284g)	
Servings per Recipe 4	
Amount Per Serving	
Calories 430	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 64g	21%
Dietary Fiber 8g	32%
Sugars 23g	
Protein 13g	
Vitamin A 10%	Vitamin C 70%
Calcium 20%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	2½ oz.	6 oz.
Vegetables	½ cup	2½ cups
Fruits	½ cup	2 cups
Dairy	—	3 cups
Protein	2 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

QUICK AND EASY BAKED POTATO SALAD

www.potatogoodness.com

Serves 4

Prep time: 15 minutes • Cook time: 10 minutes



INGREDIENTS

- 1½ pounds red potatoes
- 1 cup non-fat plain yogurt
- ½ cup minced red onion
- ½ cup shredded reduced-fat Cheddar cheese
- ¼ cup snipped fresh chives
- 3 tablespoons real bacon bits or pieces
- ¼ teaspoon salt
- Freshly ground pepper to taste
- Chopped fresh parsley, optional

MATERIALS

- Large bowl • Measuring cups • Measuring spoons • Microwave-safe dish with lid • Mixing spoon • Sharp knife

DIRECTIONS

1. Place whole potatoes (do not poke) into microwave-safe dish.
2. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic).
3. Microwave on high for 10 to 12 minutes depending on strength of microwave.
4. Use oven mitts or a towel to remove dish from microwave; carefully remove cover from dish due to steam build-up and let cool.
5. Cut potatoes into bite-size pieces and place in a large bowl with remaining ingredients; stir well to mix.

CHEF'S NOTES

- This salad may be served right away, but is best if refrigerated for at least one hour to allow flavors to blend.

Nutrition Facts

Serving Size (261g)
Servings per Recipe 4

Amount Per Serving

Calories 200 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 360mg **15%**

Total Carbohydrate 34g **11%**

Dietary Fiber 3g **12%**

Sugars 6g

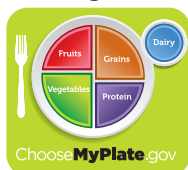
Protein 11g

Vitamin A 10% • Vitamin C 35%

Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
● Grains	—	6 oz.
● Vegetables	1½ cups	2½ cups
● Fruits	—	2 cups
● Dairy	¾ cup	3 cups
● Protein	—	5½ oz.

*Based on a 2,000 calorie per day meal pattern

QUICK AND EASY POTATO CASSEROLE

www.potatogoodness.com

Serves 6

Prep time: 25 minutes • Cook time: 20 minutes



INGREDIENTS

- 1¼ lbs. Yukon Gold potatoes, very thinly sliced
- 1 cup quartered and thinly sliced onion
- 1 cup shredded reduced-fat sharp Cheddar cheese
- ½ teaspoon Italian herb seasoning
- ½ cup stock or reduced-sodium broth
- 1½ teaspoons Dijon mustard
- 1½ teaspoon garlic salt
- Nonstick cooking spray

MATERIALS

- 8-inch square baking dish •
- Measuring cups • Measuring spoons •
- Mixing spoon • Plastic wrap •
- Sharp knife • Small bowl

DIRECTIONS

1. Spray an 8-inch microwave-safe baking dish with nonstick cooking spray. Place ⅓ of the potatoes and ½ of the onions on the bottom of the dish and sprinkle with ⅓ the cheese and ½ the herbs.
2. Repeat layers, then top with the last ⅓ of the potatoes, layering potatoes so that there is a solid layer of potatoes with no gaps; sprinkle with remaining cheese.
3. Stir together stock, Dijon and garlic salt and pour over the potatoes.
5. Cover with plastic wrap and microwave on HIGH until internal temperature registers 165°F on a food thermometer, about 20 minutes.
6. Use oven mitts or a towel to remove dish from microwave; carefully remove cover from dish due to steam build-up and serve.

CHEF'S NOTES

- Use regular salt and a dash of garlic powder in place of garlic salt if you like.
- Make a tex-mex potato casserole. Omit Dijon and garlic salt. Layer potatoes with 1 (4-oz.) can diced green chiles and ½ cup canned black beans. Use reduced-fat Cheddar or a Mexican cheese blend. Add 1 teaspoon chili powder, 1 teaspoon dried cilantro and ½ teaspoon ground cumin to broth. Cook as directed above. Delicious served with avocado wedges.

Nutrition Facts

Serving Size (162g)
Servings per Recipe 6

Amount Per Serving

Calories 130 **Calories from Fat 35**

%Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 270mg **11%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 2g

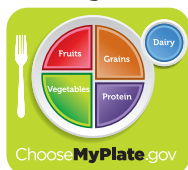
Protein 8g

Vitamin A 2% • Vitamin C 15%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	—	6 oz.
Vegetables	¾ cup	2½ cups
Fruits	—	2 cups
Dairy	¾ cup	3 cups
Protein	—	5½ oz.

*Based on a 2,000 calorie per day meal pattern

SMOKED HAM HOCKS WITH LIMA BEANS

www.CookingMatters.org

Serves 8, 1 cup per serving

Prep time: 10 minutes • Cook time: 50 minutes



INGREDIENTS

- ½ medium onion
- 2 cloves garlic
- 2 pounds smoked ham hocks
- 8 cups water
- 1 pound frozen lima beans
- ½ teaspoon ground black pepper

MATERIALS

- Cutting board • Sharp knife
- Large pot with lid •
- Measuring cups • Measuring spoons • Mixing spoon

DIRECTIONS

1. Peel, rinse, and chop onion. Peel and mince garlic.
2. In a large pot over high heat, add ham hocks and water. Bring to a boil. Reduce heat to a simmer. Add onion and garlic. Cover and cook until meat is tender and internal temperature registers 145°F on a food thermometer, about 30-40 minutes.
3. Transfer ham hocks to a clean cutting board. Let cool.
4. Add lima beans to pot. Cook according to package directions.
5. When ham hocks are cool, shred meat from the bone, removing any fat. Return to pot. Stir in pepper. If using salt, stir in now.

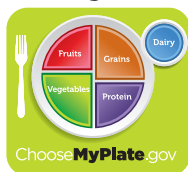
CHEF'S NOTES

- Ham hocks may be salty enough already. Taste the dish before adding optional salt.
- Serve this traditional Southern dish like a soup. Or, use a slotted spoon to take out the beans and meat. Serve over brown rice.
- For extra flavor and color, add diced carrots and celery.
- Use a leftover meaty ham bone or smoked neck bones in place of the ham hocks.

Nutrition Facts	
Serving Size 1 cup (108g)	
Servings per Recipe 8	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 400mg	17%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 12g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
Grains	—	6 oz.
Vegetables	¾ cup	2½ cups
Fruits	—	2 cups
Dairy	—	3 cups
Protein	2½ oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

TEX-MEX SKILLET

www.CookingMatters.org

Serves 8, ½ cup filling and 1 tortilla per serving

Prep time: 20 minutes • Cook time: 20-25 minutes



INGREDIENTS

- ½ medium head lettuce
- 1 medium green bell pepper
- 1 large tomato
- 1 small jalapeño pepper
- ½ medium red onion
- 2 cloves garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 pound lean ground beef, chicken, or turkey
- 1 (12-ounce) bag frozen corn
- ½ cup water
- ¾ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- Pinch ground black pepper
- 8 (6-inch) whole wheat flour tortillas

MATERIALS

- Box grater • Can opener • Colander • Cutting board
- Large skillet with lid • Measuring cups • Measuring spoons • Sharp knife • Small bowl

DIRECTIONS

1. Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic.
2. Chop or shred lettuce into bitesize pieces. Mince garlic. Halve the jalapeño and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.
4. Grate cheddar cheese.
5. In a colander, drain and rinse beans.
6. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.
7. Stir in frozen corn, beans, water, and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.
8. While meat mixture is simmering, make a salsa. Add jalapeño and a pinch of salt to the grated tomato and onion. Stir and set aside.
9. When internal temperature of the meat registers 160°F on a food thermometer, remove from heat. Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

CHEF'S NOTES

- Use any type of cooked beans in place of the black beans.
- For a vegetarian option, use an extra can of drained and rinsed beans in place of the meat.
- To increase heat, leave a few seeds from the jalapeño in the salsa. Or, season with an extra pinch of cayenne pepper.
- Top with rinsed and chopped tomatoes, green onions, or low-fat plain yogurt, if you like.

Nutrition Facts

Serving Size 1/2 cup filling and 1 tortilla (240g)
Servings per Recipe 6

Amount Per Serving

Calories 250 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 410mg **17%**

Total Carbohydrate 31g **10%**

Dietary Fiber 12g **48%**

Sugars 3g

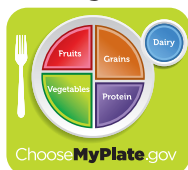
Protein 20g

Vitamin A 6% • Vitamin C 30%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
● Grains	1½ oz.	6 oz.
● Vegetables	1½ cups	2½ cups
● Fruits	—	2 cups
● Dairy	—	3 cups
● Protein	2 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

TUSCAN-STYLE PASTA WITH CANNELLINI

www.mealtime.org

Serves 4

Prep time: 15 minutes • Cook time: 15 minutes



INGREDIENTS

12 ounces whole wheat pasta
¼ cup extra-virgin olive oil
5 large garlic cloves, finely chopped
¼ pound curly escarole, sliced
1 can (16 ounces) cannellini beans, drained and rinsed
1 can (14½ ounces) diced tomatoes with juice, undrained
⅔ cup dry white wine
¼ cup fresh basil leaves, thinly sliced

MATERIALS

Can opener • Colander • Large pot • Large skillet • Measuring cups • Mixing spoon • Sharp knife

DIRECTIONS

1. Cook pasta according to the package directions.
2. Heat oil in a large skillet over medium-high heat.
3. Add garlic and cook until slightly browned (less than a minute).
4. Add escarole; stirring occasionally until wilted, about 2 minutes.
5. Add beans, tomatoes with their juice and wine.
6. Simmer 5 minutes, stirring occasionally.
7. Stir in basil and heat through.
8. Drain pasta and toss with the sauce.

CHEF'S NOTES

- Save money by using canola oil in place of olive oil.
- Use any of your favorite hearty leafy greens in place of escarole, such as collards, chard, or spinach.

Nutrition Facts

Serving Size (389g)
Servings per Recipe 4

Amount Per Serving

Calories 580 Calories from Fat 130

%Daily Value*

Total Fat 15g **23%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 550mg **23%**

Total Carbohydrate 89g **30%**

Dietary Fiber 15g **60%**

Sugars 4g

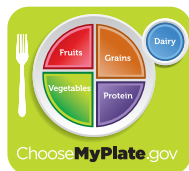
Protein 21g

Vitamin A 20% • Vitamin C 25%

Calcium 15% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
● Grains	3½ oz.	6 oz.
● Vegetables	1 cup	2½ cups
● Fruits	—	2 cups
● Dairy	—	3 cups
● Protein	—	5½ oz.

*Based on a 2,000 calorie per day meal pattern

TUSCAN POTATO SKILLET

www.potatogoodness.com

Serves 4

Prep time: 15 minutes • Cook time: 25 minutes

INGREDIENTS

- 1 pound petite red potatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pound chicken pieces
- 2 tablespoons extra virgin olive oil, divided
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon dried rosemary)
- 4 cloves garlic, minced
- 1 (12-oz.) bag frozen green beans, thawed
- 1 lemon, zested and juiced

MATERIALS

- Large bowl • Large skillet
- Measuring spoons • Mixing spoon • Sharp knife

DIRECTIONS

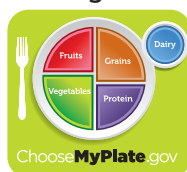
1. Cut each potato into 4 wedges. Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more.
2. While potatoes are cooking, cut each chicken part into 4 equal pieces. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes or until nicely browned, stirring frequently. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken.
3. Stir in rosemary, garlic, green beans, lemon zest and juice. Cook for a few minutes more to heat through.

CHEF'S NOTES

- Use whatever type of potatoes you have on hand, are on sale, or offer best price.

Nutrition Facts	
Serving Size (335g)	
Servings per Recipe 4	
Amount Per Serving	
Calories 310	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 450mg	19%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 28g	
Vitamin A 10%	Vitamin C 45%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Meeting Your MyPlate Goals



Food Groups	Amount per Serving	Daily MyPlate Goals*
● Grains	—	6 oz.
● Vegetables	1½ cups	2½ cups
● Fruits	—	2 cups
● Dairy	—	3 cups
● Protein	4 oz.	5½ oz.

*Based on a 2,000 calorie per day meal pattern

Egg Nutrition Center



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