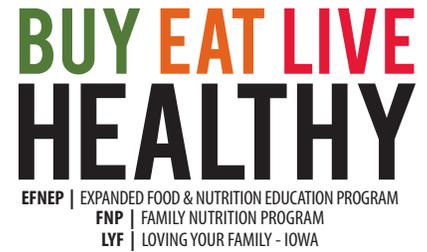


SNACKING BY MYPLATE



BAKED TORTILLA CRISPS

Yields: 48 crisps

INGREDIENTS

- 6 whole wheat flour or corn tortillas
- Cooking oil spray
- Salt (optional)

INSTRUCTIONS

1. Preheat oven or toaster oven to 400° F.
2. Lightly grease a baking sheet with cooking spray.
3. Cut tortillas into 8 wedges using a knife or pizza cutter (like cutting a pizza) and place on a baking sheet.
4. Spray tops of tortilla wedges with cooking spray and lightly salt, if desired.
5. Bake for 8-12 minutes, until crisp and light brown, watching closely so the crisps don't burn.
6. Remove from baking sheet and cool on paper towels or cooling rack.

TIPS

- Store the tortilla crisps in an air tight container.
- Serve alone, with salsa, or with the quick black bean salad.

Nutrition Facts	
Serving Size 8 crisps	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 2%

QUICK BLACK BEAN SALSA

Yields: 6 servings

INGREDIENTS

- 1 (15-ounce) can black beans, drained
- 1 ½ cups frozen corn
- 1 (16-ounce) jar salsa
- Tortilla chips or flour tortillas

INSTRUCTIONS

1. Stir to mix first three ingredients in a medium mixing bowl.
2. Serve as a dip for baked tortilla chips or roll up into a flour tortilla.

TIP

- Try other canned beans such as garbanzo, red, or pinto.
- Use 1 ½ cups frozen corn instead of canned corn.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 6g	
Vitamin A 8%	• Vitamin C 8%
Calcium 4%	• Iron 15%

IOWA STATE UNIVERSITY Extension and Outreach

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to www.dhs.state.ia.us.

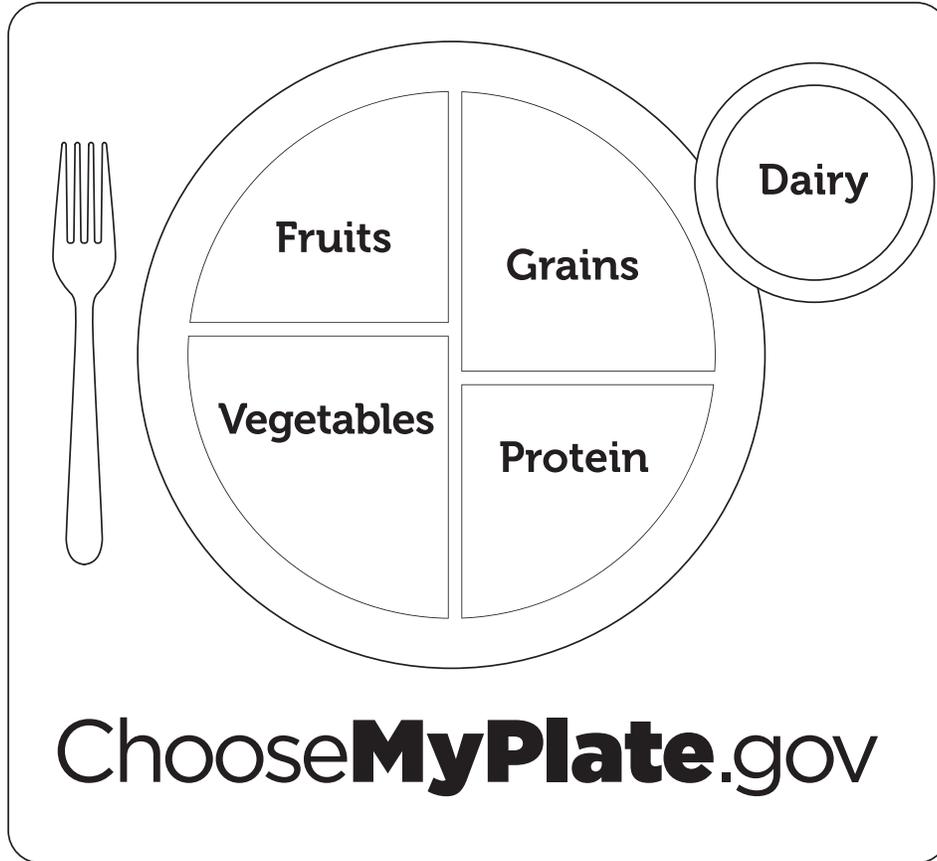
... and justice for all

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SNACKING BY MYPLATE

BUY EAT LIVE
HEALTHY
 EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM
 FNP | FAMILY NUTRITION PROGRAM
 LYF | LOVING YOUR FAMILY - IOWA

To snack by MyPlate, choose most of your snacks from the five main food groups on the plate.



These are snack ideas by food group that my family would like!

FRUITS	VEGETABLES	PROTEIN	GRAINS	DAIRY
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

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