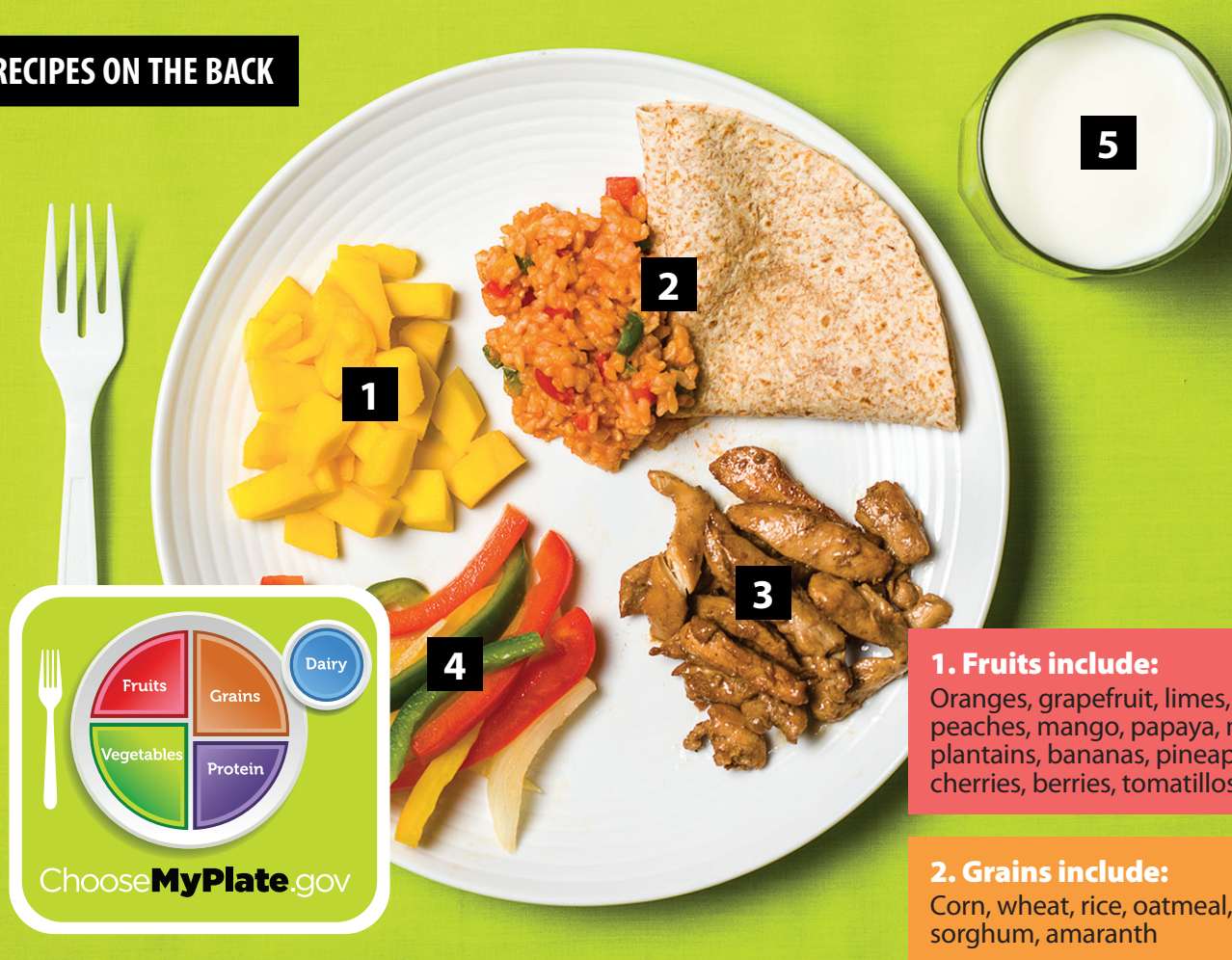


Mi Plato MyPlate

RECIPES ON THE BACK



1. Fruits include:

Oranges, grapefruit, limes, plums, peaches, mango, papaya, melons, plantains, bananas, pineapple, cherries, berries, tomatillos

2. Grains include:

Corn, wheat, rice, oatmeal, sorghum, amaranth

3. Proteins include:

Fish, seafood, poultry, beef, pork, lamb, goat, soybeans, dry beans, eggs, legumes, tree nuts

4. Vegetables include:

Squashes, peppers, avocado, cactus, jicama, tomato, onion, greens, broccoli, cauliflower, carrots, sweet potatoes, potatoes, green beans

Healthy Eating Tips

- Fruits provide vitamins and minerals
- Make **half** your plate fruits and vegetables
- **Half** of grains should be whole grains
- Choose lean meats (i.e. chicken, bean, etc.)
- Dairy foods are important for healthy bones
- Bake, grill or steam foods for a healthier preparation
- "Paint your Plate" with colorful foods
- Use canola oil instead of vegetable oil

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Mi Plato MyPlate Recipes

CHICKEN FAJITAS

- 1 *tablespoon Worcestershire sauce*
- 1 *tablespoon cider vinegar*
- 1 *tablespoon low sodium soy sauce*
- 1 *clove garlic, minced*
- 1 *dash hot pepper sauce*
- 1½ *pounds boneless, skinless chicken thighs, cut into strips*
- 1 *tablespoon canola or other vegetable oil*
- 1 *onion, thinly sliced*
- 3 *bell peppers, sliced*
- 1 *teaspoon lemon juice*
- 6 *whole wheat tortillas*

1. In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, garlic and hot pepper sauce. Place chicken in sauce, and turn once to coat. Cover and refrigerate for several hours.
2. Heat oil in a large skillet over high heat. Add chicken strips to the pan, and cook, stirring quickly, for 5 minutes. Add the onion and peppers, and cook for another 3 minutes, stirring. Remove from heat, and sprinkle with lemon juice.
3. Fill each tortilla with 1/6 of the mixture.

Tip: Red and yellow bell peppers provide color to this dish. Shredded cheese, sour cream and guacamole may be offered as condiments.

Makes 6 servings
Serving size: 1 fajita

SPANISH RICE

- 2 *tablespoons canola or other vegetable oil*
- ¼ *medium onion, diced*
- 1½ *cups brown rice*
- 3 *cloves garlic, finely chopped*
- 2½ *cups low sodium chicken broth*
- 1 *cup plain tomato sauce*

1. In a medium sauce pan, heat oil over medium heat. Add the fresh onion. Cook and stir for 1-2 minutes until softened. Add dry rice and cook with the onions for about 5 minutes or until rice becomes a golden brown color. Add the garlic to the rice and cook

and stir for one more minute.

2. Add broth and tomato sauce slowly into the rice, stirring. Bring mixture to a boil. Turn the heat to low and cover. Let mixture simmer for 20 minutes and fluff with a fork.

Makes 6 servings
Serving size: ½ cup

MANGOS

How to select a ripe mango:

Some qualities to look for in a ripe mango:

- Smell: Ripe mangoes will smell sweet and fragrant.
- Touch: Ripe mangoes will give slightly when pressed.
- Shape: Choose mangoes that are slightly more round (football-shaped) than flat. It's also a good sign if the mango is full and plump around the stem.
- Color: Don't judge a mango by its color. Mangoes come in many color variations.

Avoid over-ripe mangoes:

- Smell: Over-ripe mangoes may smell like alcohol or have a sour smell.
- Touch: Mangoes that are too mushy or whose skin has begun to wrinkle are too ripe.

How to cut a mango:

Hold the mango on a cutting board with the stem facing away from you, and the flat sides pointing out. With a sharp knife, carefully make a cut parallel to one of the flat sides — just far enough from the middle (usually about ½ inch) so that you don't cut through the pit. Repeat on the other side.

How to dice a mango:

Place the mango slices, skin down, on a cutting board. With a small paring knife, gently score the pulp into the size of cubes you would like. Be careful not to cut through the skin. Press on the skin so that the mango cubes are raised. With the paring knife, cut along the peel to release the cubes of mango. Discard the peel. Repeat with the other half.

Chicken Fajitas

Nutrition Facts	
Serving Size (279g)	
Servings Per Container 6	
Amount Per Serving	
Calories 400	Calories from Fat 140
<hr/>	
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 380mg	16%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 35g	
<hr/>	
Vitamin A 8%	• Vitamin C 110%
Calcium 4%	• 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Spanish Rice

Nutrition Facts	
Serving Size (199g)	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 50
<hr/>	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	
<hr/>	
Vitamin A 4%	• Vitamin C 8%
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:	
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