

# Breakfast Burrito

## Ingredients

- 4 eggs
- ¼ cup 1% milk
- salt, pepper, and chili powder to taste
- 1 teaspoon oil
- 4 (10 inch) flour tortillas
- 1 cup fat-free refried beans
- ½ cup (4 ounces) grated cheddar cheese
- 1 tomato, chopped



## Directions

- Mix eggs, milk and seasonings in a bowl.
- Heat oil in skillet over medium-high heat (350 degrees in an electric skillet).
- Stir in the eggs and cook until firm.
- Warm the tortillas on a griddle, or wrap in foil and heat in the oven.
- Warm the refried beans in a separate pan.
- On each tortilla, layer 1/4 of refried beans, eggs, cheese, and tomato.
- Roll the burrito, cut in half, and enjoy!
- Refrigerate leftovers within 2 hours.



Nutrition Facts	
Serving Size 1/2 burrito (124g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 210	<b>Calories from Fat</b> 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 10g	
Vitamin A 4%	• Vitamin C 6%
Calcium 15%	• 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:	
	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	

# Wearing – And Eating – of the Green!

## March Artful Aging Recipes

Wear your greens and eat them too! For the month of March, we are focusing on eating green vegetables in honor of St. Patrick's Day! Green fruits and vegetables have key vitamins and minerals that can help you feel better, stay feeling full longer and keep you healthy. For more information on how you can include more greens in your diet, check out Artful Aging videos on our website.

## Spinach Chicken Bake

### Ingredients

- 1 cup tomato pasta sauce
- 1 pound chicken breast cut or pounded into 1/2-inch thick slices
- ¼ teaspoon each salt and pepper
- 1 package frozen spinach, thawed and drained or 4 cups fresh spinach leaves
- ¾ cup shredded mozzarella cheese

### Directions

- Preheat oven to 350 degrees.
- Pour ½ cup of pasta sauce in a large baking dish. Sprinkle salt and pepper over chicken and add to the dish. Top with remaining ½ cup of pasta sauce, spinach and mozzarella.
- Bake for 30 to 40 minutes until chicken is no longer pink inside and cheese begins to turn brown.
- Refrigerate leftovers within 2 hours.



Nutrition Facts	
Serving Size 1 cup (144g)	
Servings Per Container 7	
Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 510mg	<b>21%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 19g	
Vitamin A 80%	• Vitamin C 6%
Calcium 15%	• 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:	
	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	

# Crunchy Kale Chips

## Ingredients

- 1 bunch fresh kale (about 8 cups, chopped)
- 1 tablespoon canola or olive oil
- ½ teaspoon salt

## Directions

- Preheat oven to 350 degrees F.
- Wash kale leaves.
- Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.
- Tear or cut leaves into bite sized pieces. Place in large bowl.
- Drizzle oil over kale and toss to coat well.
- Place kale leaves onto baking sheet.
- Sprinkle with salt.
- Bake until edges brown. About 10-15 minutes.
- Serve while hot.



Nutrition Facts	
12 servings per container	
<b>Serving size</b>	1/3 cup (96g)
Amount per Serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 135mg	6 %
<b>Total Carbohydrate</b> 18g	7 %
Dietary Fiber 1g	4 %
Total Sugars 15g	
Includes 9g Added Sugars	18 %
<b>Protein</b> 2g	
Vitamin D 0mcg	0 %
Calcium 50mg	4 %
Iron 0mg	0 %
Potassium 157mg	4 %
Vitamin A 32mcg	4 %
Vitamin C 7mg	8 %

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Magical Fruit Salad

## Ingredients

- 4 cups prepared fruit (fresh, canned or frozen; see Directions)
- 1 package (makes 4 servings) instant pudding mix (lemon or vanilla)
- 1 ¾ cups cold nonfat or 1% milk

## Directions

- Wash hands with soap and water.
- For fresh fruit: Rinse fruit and cut into bite-sized pieces, if needed. For canned fruit: Drain fruit and cut into bite-sized pieces, if needed. For frozen fruit: thaw, drain and cut into bite-sized pieces, if needed.
- In a medium bowl, combine the instant pudding mix and cold milk. Add the fruit and stir gently. Refrigerate for 5 minutes before serving.
- Refrigerate leftovers within 2 hours.



Nutrition Facts	
Serving Size 1/2 cup (92g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 25
	% Daily Value*
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 2g	8%
Sugars 0g	
<b>Protein</b> 4g	
Vitamin A 180%	Vitamin C 180%
Calcium 15%	Iron 8%

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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

