

Dear Parent or Guardian,

Your child participated in the 4-H Food Smart Families program delivered by Nebraska Extension as part of the 4-H Food Smart Families grant through United Healthcare. Included in this bag are several of the ingredients to make any of the recipes listed below. We enjoyed having your child in class, and we had fun making recipes and learning how to fuel our bodies with healthy foods!

If you have any questions, please contact Ranae Aspen at 308-236-1235 or [ranae.aspen@unl.edu](mailto:ranae.aspen@unl.edu)

### Banana in a Blanket

Makes 1 serving

- 1 (6-inch) whole wheat tortilla**
- 1 Tbsp. creamy peanut butter**
- 1 Tbsp. cereal, crunchy nugget type or other variety**
- 1 banana**
- 1 tsp. honey or maple syrup**

1. Lay tortilla on a plate.
2. Spread peanut butter evenly on the tortilla.
3. Sprinkle cereal over peanut butter.
4. Peel the banana and place on the tortilla.
5. Drizzle honey or maple syrup on banana.
6. Roll the tortilla up.

**Nutrition Information per Serving:** Calories 330, Total Fat 9 g (14% DV), Saturated Fat 1.5 g (9% DV), Cholesterol 0 mg (0% DV), Sodium 300 mg (12% DV), Total Carbohydrate 64 g (21% DV), Dietary Fiber 7 g (30% DV), Sugars 29 g, Protein 9 g, Vitamin A 2%, Vitamin C 15%, Calcium 2%, Iron 20%.

### Tortilla Roll-Ups

Makes 12 servings (1/2 tortilla each)

- 6 large whole wheat tortillas**
- 1 cup grated low fat cheddar cheese (4 oz.)**
- 1 cup mild salsa (8 oz.)**
- 1 cup black beans, drained**
- 1 avocado, mashed (optional)**

1. Put tortillas on a plate, cover with a paper towel, and microwave on high for 1 minute.
2. Mix cheese, salsa, and black beans.
3. Spread thin layer of mixture on each tortilla.
4. Top with a spoonful of avocado (optional).
5. Roll up, cut in half, and serve.

**Nutrition Information per Serving:** Calories 140, Total Fat 4.5 g (7% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber 3 g (12% DV), Sugars 1 g, Protein 6 g, Vitamin A 2%, Vitamin C 8%, Calcium 4%, Iron 6%.

## Tacos

Makes 8 servings

- 1 lb. lean ground beef**
- 1 (1.25 oz.) package taco seasoning**
- 8 taco shells**
- 2 cups lettuce, shredded**
- 2 tomatoes, chopped**
- 1 onion, chopped**
- 1 cup low fat cheddar cheese, shredded**
- salsa (optional)**

1. In a large skillet, brown ground beef. Drain fat.
2. Stir in taco seasoning following package directions.
3. Prepare taco shells according to package directions.
4. To serve, spoon meat mixture into taco shells.
5. Top with lettuce, tomatoes, onions, cheese, and salsa, if desired.

\* Try this recipe served on hamburger buns for a tasty taco burger.

**Nutrition Information per Serving:** Calories 210, Total Fat 9 g (14% DV), Saturated Fat 3 g (15% DV), Cholesterol 25 mg (8% DV), Sodium 590 mg (24% DV), Total Carbohydrate 16 g (5% DV), Dietary Fiber 2 g (8% DV), Sugars 2 g, Protein 17 g, Vitamin A 10%, Vitamin C 10%, Calcium 10%, Iron 10%.

## Baked Tortilla Chips

Makes 10 servings

- 12 (6-inch) corn or flour tortillas**
- 1 Tbsp. vegetable oil or cooking spray**
- ½ tsp. chili powder (optional)**
- salt (optional)**

1. Preheat oven to 350°F.
2. Brush both sides of the tortillas with oil or spray with cooking spray.
3. Stack the tortillas and cut the pile into six triangle-shaped pieces to make chips.
4. Spread the chips out in a single layer on two large baking sheets. Season with chili powder and salt, if desired.
5. Bake for 12 to 15 minutes or until golden brown and crisp. Rotate the baking sheets at least once during baking.
6. Serve in place of store bought tortilla chips.

**Nutrition Information per Serving:** Calories 80, Total Fat 2.5 g (4% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber 3 g (12% DV), Sugars 0 g, Protein 2 g, Vitamin A 0%, Vitamin C 0%, Calcium 4%, Iron 2%.

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