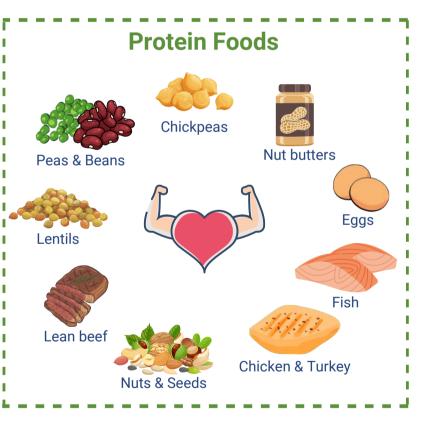
URI SNAP-ED NUTRITION NEWSLETTER THE POWER OF PROTEIN

Protein is important for building and repairing muscles, keeping the blood healthy, and helping hair, skin, and nails to grow. Try to **include protein with every meal** to keep you full longer.



Make sure to visit uri.edu/snaped or follow us on social media for more family-friendly recipes and nutrition information!



Budget-friendly tips:

- Plant-based proteins such as beans or nuts usually cost less to purchase than meats.
- Buy in bulk and freeze! Meats like chicken can be frozen and thawed when needed.
- Stock up on canned beans, peas, or nut butters when they are on sale.



- Using a meal planning and prepping website, like Budget Bytes, can help you plan ahead, save money, and cook easy, healthy meals.
- Budget Bytes offers meal plans, recipes, how-to's, and money-saving tips.
- Learn how to make several different meals with ingredients like chicken breast using ingredients you already have in your kitchen!



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Choose healthy protein options:

Trim the extra>> Remove skin and fat from chicken and turkey for a lower-fat meal. Most of the fat is in or under the skin. Trim fat from cuts of beef when possible.

Choose baked over fried>> You can use a lot less oil by cooking in an oven instead of frying.

Add some nuts to your snack>> Nuts are an easy snack to pack and a great source of protein. Try to stick to a handful of nuts for a healthy serving size.

Breakfast Burritos

Prep time: 5 minutes Cook time: 7 minutes

Directions:

Ingredients:

- Non-stick cooking spray ¹/₄ cup diced onion
- ³/₄ cup low-sodium black
- beans, drained and rinsed
- 4 eggs, beaten
- ¹/₄ teaspoon black pepper
- 4 (8-inch) whole wheat
- tortillas
- ¹/₂ cup salsa
- ¹/₄ cup shredded low-fat mozzarella cheese

Money-Saving Tip:

Eggs are a great source of low-cost protein. Use them to make easy and healthy meals.

- 1. Spray a medium skillet with nonstick cooking spray and place over medium heat.
- 2 Add onion and cook until soft. Then add beans, eggs and pepper. Mix well, and cook for 5 minutes, stirring occasionally.

- 3. While the eggs are cooking, place one paper towel between each of the tortillas and warm in the microwave for 15 seconds.
- 4. Spoon the mixture evenly down the center of each tortilla. Top with salsa and cheese. Roll up the tortillas burrito-style.

How much protein is enough?

Most adults need about 5-7 ounces* of protein foods per day. Examples of 1 ounce of protein include:

- 1 oz lean meat, poultry, or seafood (about the size of a matchbox)
- 1 eaa

Serving size: 1 burrito

Servings per recipe: 4

- ¹/₄ cup cooked beans, peas, or lentils
- 1 tablespoon of nut butter

*This is a general protein recommendation, you may need more or less than this

Cost: \$2.82 per recipe, \$0.71 per serving

Induition Foot

Serving size	1 burrito
Amount per serving Calories	260
%	Daily Value
Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 650mg	28%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 89mg	6%
Iron 2mg	10%
Potassium 219mg	4%
Vitamin A 82mcg	10%

day is used for general nutrition advice

