

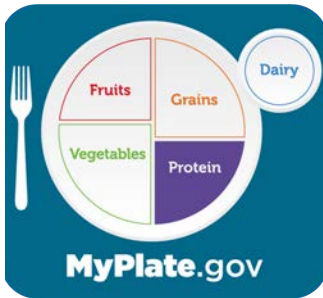
Protein Foods

Fun Facts about Protein:

- **Builds muscles:** Protein helps your body grow strong and stay healthy.
- **Heals the body:** Protein helps fix cuts, injuries, and sore muscles.
- **Gives energy:** Protein gives your body power to work, play, and think.
- **Keeps you full:** Protein helps you feel satisfied, so you don't get hungry too soon.
- **Supports health:** Protein is important for your blood, skin, hair, and nails.

Types of Protein Foods

Protein foods can come from plants and animals. It is important to have a variety of proteins each day and to choose leaner proteins most often to keep your heart healthy.



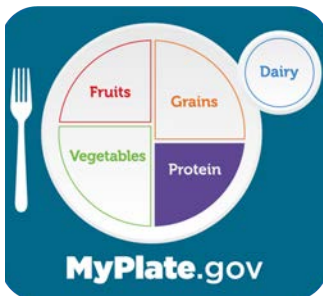
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Southwestern Quinoa & Black Bean Salad

Servings: 5

Serving size: 1 cup

Ingredients

- ½ cup uncooked quinoa
- (makes 1½ cups cooked)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup frozen or fresh corn kernels
- 1 cup frozen or fresh mango cubes
- ¼ cup diced red onion
- ½ cup chopped fresh cilantro
- Juice from 1 lime (2 tablespoons)
- 1 tablespoon olive oil
- 1 teaspoon minced garlic (2 cloves)
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon chili powder

Directions

1. Prepare quinoa according to package directions.
2. Mix together quinoa, beans, corn, mango, onion, and cilantro in a large bowl.
3. In a small bowl, whisk together lime juice, olive oil, garlic, salt, cumin, and chili powder.
4. Drizzle dressing over the salad and toss. Refrigerate until ready to serve.



Nutrition Facts

| | |
|-------------------------------|--------------|
| 5 servings per container | |
| Serving size | 1 cup |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 4.5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 360mg | 16% |
| Total Carbohydrate 40g | 15% |
| Dietary Fiber 9g | 32% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 52mg | 4% |
| Iron 3mg | 15% |
| Potassium 540mg | 10% |
| Vitamin C 20mg | 20% |

*The % Daily Value 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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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