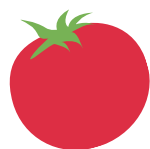
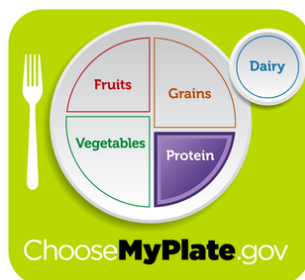


# URI SNAP-ED NUTRITION NEWSLETTER



## 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](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and nutrition information!



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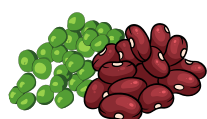


Community Nutrition Education RI



URI Nutrition

### Protein Foods



Peas & Beans



Chickpeas



Nut butters



Lentils



Eggs



Lean beef



Fish



Nuts & Seeds



Chicken & Turkey

### Budget-friendly tips:

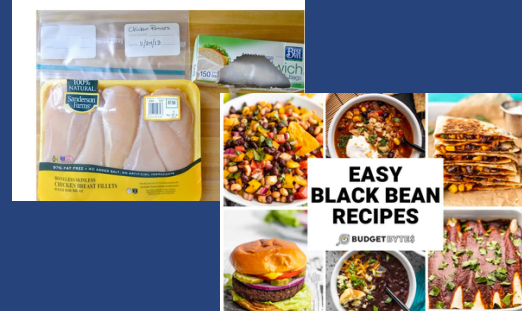
- Plant-based proteins such as beans or nuts usually cost less to purchase than meats.
- Buy in bulk and freeze! Meats like chicken can be frozen and thawed when needed.
- Stock up on canned beans, peas, or nut butters when they are on sale.



### Technology Spotlight:

Budget Bytes:  
[www.budgetbytes.com](http://www.budgetbytes.com)

#### HOW TO DIVIDE AND FREEZE CHICKEN



- 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!

## 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.



## 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 egg
- ¼ 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

## Breakfast Burritos



**Prep time:** 5 minutes

**Cook time:** 7 minutes

### Directions:

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.

**Serving size:** 1 burrito

**Servings per recipe:** 4

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

### Ingredients:

- Non-stick cooking spray
- ¼ cup diced onion
- ¾ cup low-sodium black beans, drained and rinsed
- 4 eggs, beaten
- ¼ teaspoon black pepper
- 4 (8-inch) whole wheat tortillas
- ½ cup salsa
- ¼ cup shredded low-fat mozzarella cheese

## Nutrition Facts

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

\*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.

### Money-Saving Tip:

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

