



## ***Mexican Style Veggies & Beans Over Cornbread***

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| 1 clove garlic, minced or      | 1/2 of 4-ounce can diced green chilies            |
| 1/4 teaspoon garlic powder     | 1 can (16-ounce) black beans, drained, or         |
| 2 cups sliced onions           | 2 cups cooked black beans                         |
| 1 Tablespoon canola oil        | 1/4 teaspoon black pepper                         |
| 3 carrots, shredded or grated  | hot pepper sauce to taste, if desired             |
| 1 medium zucchini, sliced      | 1 prepared recipe of cornbread                    |
| 1 medium yellow squash, sliced | 3 Tablespoons shredded cheddar cheese, if desired |
| 1 can (28-ounce) tomatoes      |   |

Sauté garlic and onions in oil until tender, about 5 minutes. Add carrots, zucchini, squash, tomatoes and green chilies. Cook, uncovered, until vegetables are tender, about 10 to 15 minutes. Stir in black beans and pepper and add pepper sauce to taste. Cook until beans are heated. Serve by spooning about 1 1/4 cup veggies over 1 piece of cornbread; sprinkle each serving with 1/2 tablespoon cheese, if desired.



## ***Vegetable Burritos***

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|---------------------------------|---|
| Vegetable cooking spray         | 1 (15-oz) can pinto or kidney beans, drained        |
| 1 pound fresh mushrooms, sliced | 1/4 teaspoon black pepper                           |
| 1 medium onion, chopped         | 1 teaspoon ground cumin                             |
| 1 green bell pepper, chopped    | 8 (8-inch) flour tortillas                          |
| 1 cup thinly sliced zucchini    | 8 Tablespoons reduced-fat sour cream                |
| 2 garlic cloves, minced         | 1 cup salsa or diced canned tomatoes                |
| 2 teaspoons vegetable oil       | 1/2 cup (2 oz) shredded, reduced-fat cheddar cheese |

Cook mushrooms, onion, pepper, zucchini and garlic in vegetable oil in large, nonstick skillet over medium-high heat until tender. Remove from heat. Add beans, cumin and pepper to vegetable mixture. Spoon approximately 1/2 cup of vegetable mixture down the middle of each tortilla. Top with 1 tablespoon each of sour cream, salsa or tomatoes, and cheese. Fold opposite side of tortilla over filling. Coat nonstick skillet with vegetable cooking spray. Place over medium-high heat until hot. Cook filled tortillas, one at a time, seam side up, until heated through - approximately 1 - 2 minutes. Serve with additional salsa.



**Nutrition Facts** (veggies plus cornbread listed first; veggies alone in {parenthesis})

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Servings per recipe: 6 (1 1/4 cup veggies with 1/8 of cornbread recipe) {1 1/4 cup veggies alone}  
Amount per serving: 412 calories {170 calories}  
13 g total fat (2 g saturated fat) {4 g total fat, 1 g saturated fat}  
59 g carbohydrate {24 g} 1,242 mg sodium {610 mg}  
14 g protein {8 g} 9883 IU vitamin A (197% Daily Value) {9823 IU}  
305 mg calcium {105 mg} 4.7 mg iron {2.7 mg}  
{19 mg vitamin C}

This recipe is high in sodium. Decrease the amount of sodium by doing one or more of these suggestions: drain and rinse green chilies and black beans before adding to recipe; cook and use dry black beans instead of canned beans; use reduced sodium canned tomatoes; and/or use 2 cups fresh tomato wedges when in season. Balance meal by serving fresh fruit for dessert.

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Gale A. Buchanan, Dean and Director

Released by Marilyn O. Wright, MS, RD, LD, Family Nutrition Program Specialist  
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**Nutrition Facts**

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Servings per recipe: 8  
(1 burrito with 1 Tablespoon sour cream, 1 Tablespoon cheese and 2 Tablespoons salsa)  
Amount per serving:  
267 calories 8 g total fat (2.8 g saturated fat)  
38 g carbohydrates 613 mg sodium  
11 g protein 857 IU vitamin A (8% Daily Value)  
175 mg calcium 2.3 mg iron  
20 mg vitamin C

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