

Use your Food Stamps To Choose Good Sources of Protein!

Powerful Protein Choices

- Meat, poultry, fish, and eggs
- Milk, cheese, yogurt, pudding and buttermilk
- Cooked dried beans, peas, and soy foods, like tofu
- Peanut butter, peanuts, nuts, and seeds
- Canned tuna, chicken, beef stew and beans



How to Get the Most Out of Your Protein Choices!

- Use meat, fish and poultry in casseroles.
- Serve meats in sauce or chopped to make chewing easier.
- Spread peanut butter or cheese on crackers.
- Mix cheese into scrambled eggs.
- Add fruit, cereal, or chopped nuts to yogurt.
- Add a spoonful of fat-free dry milk powder to cream soups, casseroles, and mashed potatoes.



Cabbage Casserole

Serves 8 Serving Size: 1 cup

- 1 pound of lean ground beef
- 1 medium onion, chopped
- 1 medium head green cabbage, shredded
- 1/2 cup uncooked rice
- 1 (8-ounce) can of tomato sauce
- 1 cup water

1. Heat the oven to 350 degrees. In medium skillet, brown the ground beef and onion. Drain the beef mixture and transfer it to a baking dish.

2. Spread the shredded cabbage evenly over the beef. Sprinkle the rice over the mixture and add the tomato sauce and water. Bake for 50 minutes or until rice is tender

Adapted from *The New Soul Food Cookbook for People with Diabetes*, by F.D. Gaines and R. Weaver.

Nutrition Information Per Serving:

| | |
|-------------------|-----|
| Calories..... | 193 |
| Total Fat..... | 8g |
| Carbohydrate..... | 18g |

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your Senior Center director, your local Food Stamp office at your county Department of Family and Children Services, or a local food pantry.

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