

Huevos Rancheros

This delicious southwestern-style dish is a great breakfast or brunch option.



 **Average Cost: \$8.19**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 2**

Recipe Source: [MSUextension.org](https://www.msuextension.org)

Ingredients

- 4 Corn tortillas
- 1/2 16-Ounce can of low sodium refried beans (or refried black beans)
- 3 Eggs
- 1/4 Cup grated cheese, cheddar or Jack
- 4 Tbsp salsa

Directions

Step 1

Place a tortilla in a frying pan on medium heat to soften. Turn over to heat both sides. Keep tortilla warm in 200°F oven. Repeat with remaining tortillas.

Step 2

Heat beans in a small saucepan or in the microwave. Be sure to cover beans when heating in the microwave to prevent splatter.

Step 3

Cook eggs according to taste. Generally eggs "over easy" are used, but scrambled eggs work just as well.

Step 4

Place two warm tortillas on each plate. Top with the beans and a sprinkle with grated cheese. Place eggs on top of cheese. Top with salsa.

Utensils Needed

- Small saucepan
- Medium sized pan
- Can opener
- Box grater
- Measuring cups

NUTRITION FACTS

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories	340
Total Fat	14 g
Saturated Fat	5 g
Cholesterol	260 mg
Sodium	580 mg
Total Carbohydrates	34 g
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars	0 g
Protein	19 g



Bean and Rice Burritos

These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.



 **Average Cost: \$11.62**

 **Prep Time: 20 minutes**

 **Average Cook Time: 15 minutes**

 **Average Servings: 8**

Recipe Source: MyPlate.gov

Ingredients

- 2 Cups rice (cooked)
- 1 Onion (small, chopped)
- 2 Cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 Flour tortillas (10 inch)
- 1/2 Cup salsa
- 1/2 Cup cheese (shredded)

Directions

Step 1

Preheat the oven to 300 degrees. Peel the onion, and chop it into small pieces. Drain the liquid from the cooked (or canned) kidney beans.

Step 2

Mix the rice, chopped onion, and beans in a bowl.

Step 3

Put each tortilla on a flat surface. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.

Step 4

Fold the sides of the tortilla to hold the rice and beans. Put each filled tortilla (burrito) in the baking pan.

Step 5

Bake for 15 minutes. While the burritos are baking, grate 1/2 cup cheese.

Step 6

Pour the salsa over the baked burritos. Add cheese. Serve the burritos warm.

Utensils Needed

- Colander
- Sharp knife
- Cutting board
- Bowl
- Spatula
- Baking pan
- Measuring cups
- Spoon
- Grater

NUTRITION FACTS

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories	358
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	7 mg
Sodium	557 mg
Total Carbohydrates	58 g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars	0 g
Protein	13 g



Chicken and Rice

This flavorful and filling dish is sure to have a spot on your dinner table!



Average Cost: \$10.25



Prep Time: 10 minutes



Average Cook Time: 55 minutes



Average Servings: 6

Recipe Source: EatFresh.org

Ingredients

- 1 Tsp oil
- 2 Pounds boneless, skinless chicken breast, cut into strips
- 1 Medium onion, peeled and chopped
- 2 Green bell peppers, chopped
- 2 Jalepeno peppers, seeds removed, chopped
- 3 Cloves garlic, finely chopped
- 2 Cups chicken broth
- 1 Can diced tomatoes (29 ounces)
- 1/2 Cup mixed frozen veggies
- 1 Tsp cumin
- 1 Tsp chili powder
- 3/4 Cup brown rice

Directions

Step 1

In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.

Step 2

In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.

Step 3

Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.

Step 4

Refrigerate leftovers within 2 hours.

Utensils Needed

- Saucepan with lid
- Spoon
- Measuring cup and spoon
- Cutting board
- Knife
- Stove top or electric skillet

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	300
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	14 mg
Sodium	252 mg
Total Carbohydrates	25 g
Dietary Fiber	5 g
Total Sugars	8 g
Added Sugars	3 g
Protein	38 g



Hearty Mexican Soup

Easy to make and delicious to eat, this hearty soup can be made in under an hour and will definitely warm you up on a chilly winter day!



Average Cost: \$5.10



Prep Time: 10 minutes



Average Cook Time: 45 minutes



Average Servings: 5

Recipe Source: MyPlate.gov

Ingredients

- 1 Onion (small, chopped)
- 4 Cloves garlic (minced)
- 1 Can tomatoes, diced (14.5-oz can, low sodium, drained and rinsed)
- 2 Cans black beans (15-oz can, low sodium, drained and rinsed)
- 2 Potatoes (large, peeled and diced)
- 4 Cups water
- 1/2 Cup cilantro (fresh, chopped)
- 1/2 Lime (squeezed)
- 1/8 Tsp cumin powder (a pinch)

Directions

Step 1

In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.

Step 2

Add beans, potatoes and water. Bring to a boil, then reduce to low/medium heat. Cover and continue to cook slowly for 20 minutes.

Step 3

Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.

Step 4

Serve warm; sprinkle cilantro on top.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Can opener
- Colander
- Peeler

NUTRITION FACTS

Serving Size: 1/5 of recipe

Nutrients	Amount
Calories	309
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	322 mg
Total Carbohydrates	62 g
Dietary Fiber	19 g
Total Sugars	5 g
Added Sugars	0 g
Protein	6 g



Mexican Chicken Salad

This Mexican chicken salad is jam packed with fresh, vibrant flavors, big, creamy chunks of avocado and leftover chicken



Average Cost: \$10.23



Prep Time: 30 minutes



Average Cook Time: N/A



Average Servings: 4

Recipe Source: ChopChopFamily.org

Ingredients

- 2 Cups leftover diced or shredded chicken (2–3 pieces, depending on the size)
- 2 Medium tomatoes, diced (about 1 1/2 cups)
- 2 Ripe avocados, peeled, pitted, and diced (about 2 1/2 cups)
- 1 Cup corn kernels, either frozen and thawed or cut from a leftover boiled, steamed, or grilled cob
- 2 Scallions, greens and whites, chopped or 2 tablespoons chopped red onion
- 3 Tbsp olive oil
- 2 Tbsp fresh lime juice
- Salt and black pepper to taste

Directions

Step 1

Put all the ingredients in the bowl and mix gently.

Step 2

Add salt and pepper to taste.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cup
- 2 forks, for shredding chicken
- Measuring spoons
- Large bowl
- Spoon

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	430
Total Fat	32.5 g
Saturated Fat	6.3 g
Cholesterol	54 mg
Sodium	55 mg
Total Carbohydrates	15.3 g
Dietary Fiber	8.1 g
Total Sugars	2.9 g
Added Sugars	0 g
Protein	23.3 g



Migas Crumbs

Eggs, tortillas, pepper, onion, and cheese are a tasty combination in this quick and easy recipe.



Average Cost: \$8.19



Prep Time: 10 minutes



Average Cook Time: 10 minutes



Average Servings: 4

Recipe Source: MyPlate.org

Ingredients

- 4 Tortillas (large)
- 3 Tbsp canola oil
- 1/4 Cup bell pepper, diced
- 1/4 Cup onion, diced
- 4 Eggs (lightly beaten)
- 4 Tbsp cheddar cheese, low-fat (grated)

Directions

Step 1

Wash hands and cooking area. Tear tortillas into small pieces.

Step 2

Heat oil in a medium-sized pan. Add tortillas and stir until pieces begin to brown. Add peppers and onion; sauté until soft. Add eggs; stir until the eggs are cooked.

Step 3

Remove from heat and sprinkle on the grated cheese. Cover the pan and let cheese melt.

Step 4

Serve immediately.

Utensils Needed

- Medium sized pan
- Measuring cups
- Whisk or fork
- Sharp knife
- Cutting board

NUTRITION FACTS

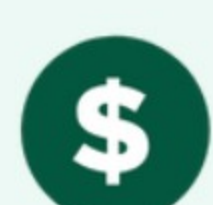
Serving Size: 1/4 of recipe

Nutrients	Amount
Calories	398
Total Fat	21 g
Saturated Fat	4 g
Cholesterol	187 mg
Sodium	560 mg
Total Carbohydrates	38 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars	0 g
Protein	14 g



Salsa Pinto Beans

Using your favorite salsa for flavor – these beans are a delicious and oh-so-easy side dish or addition to tacos, burritos, or with chips.



Average Cost: \$7.10



Prep Time: 5 minutes



Average Cook Time: 10 minutes



Average Servings: 8

Recipe Source: MyPlate.gov

Ingredients

- 1 Tbsp olive oil (or canola oil)
- 1 Onion (medium, chopped)
- 1 Clove garlic (minced, or 1/8 Tsp garlic powder)
- 2 Cans pinto beans (15 ounces each, drained and rinsed)
- 1 Cup salsa

Directions

Step 1

Heat the oil in a skillet over medium heat.

Step 2

Add the onion and garlic and cook until tender. Stir in the beans and salsa.

Step 3

Cook for 10 minutes.

Step 4

Try serving over rice, pasta, or baked potato.

Utensils Needed

- Colander
- Measuring spoons and cups
- Knife
- Cutting board
- Wooden spoon
- Can opener
- Skillet

NUTRITION FACTS

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories	155
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	324 mg
Total Carbohydrates	26 g
Dietary Fiber	9 g
Total Sugars	2 g
Added Sugars	0 g
Protein	8 g



Healthy Mexican Street Corn

Perfect corn on the cob recipe made with parmesan cheese, garlic powder, lime juice, and some chili powder for some extra heat!



Average Cost: \$7.55



Prep Time: 10 minutes



Average Cook Time: 30 minutes



Average Servings: 4

Recipe Source: ChopChopFamily.org

Ingredients

- 4 Sweet Corn on the cob
- 2 Tbsp olive oil
- 1 Tsp garlic powder
- 4 Tbsp low-fat plain yogurt
- 1/3 Cup parmesan cheese
- 2-3 Tbsp fresh cilantro (chopped)
- 1/2 Tsp chili powder
- 1 Lime cut into wedges

Directions

Step 1

Preheat oven to 350 degrees F.

Step 2

Cut 4 pieces of aluminum foil large enough to hold a cob, then place a cob on each piece.

Step 3

Brush each cob with olive oil, and sprinkle generously with garlic powder. Seal the edges of your foil to form packets.

Step 4

Bake or grill, for 30-35 minutes or until kernels are tender. Once the corn is done, carefully remove foil and brush with low-fat yogurt.

Step 5

Sprinkle with parmesan cheese, chili powder and cilantro on all sides. Squeeze lime over and enjoy!

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Aluminum foil

NUTRITION FACTS

Serving Size: 1 Cob

Nutrients	Amount
Calories	167
Total Fat	10 g
Saturated Fat	6 g
Cholesterol	17 mg
Sodium	58 mg
Total Carbohydrates	21 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	7 g
Protein	5 g



Simple Stuffed Peppers

These simple stuffed peppers are fun and flavorful. Use yellow, green, and orange peppers for a colorful dish!



Average Cost: \$8.19



Prep Time: 45 minutes



Average Cook Time: 45 minutes



Average Servings: 4

Recipe Source: MyPlate.gov

Ingredients

- 1 Cup brown rice, uncooked
- 1 Can black beans, unsalted (15 ounces)
- 4 Bell peppers (any color)
- 1 Cup cheddar cheese, shredded (reduced fat)
- 1 Tomato, sliced
- 1 Cup salsa
- Salt (to taste, optional)

Directions

Step 1

Preheat the oven to 400°F.

Step 2

Cook brown rice according to package directions. Wash the peppers under running water. Cut the tops off the peppers and spoon out the seeds. Drain and rinse the black beans.

Step 3

Combine the beans, rice, salsa, and salt (optional). Spoon about 3 Tbsp of the mixture into the bottom of each pepper. Place a slice of tomato on top of the mixture and sprinkle with 2 Tbsp of cheese.

Step 4

Repeat the last two steps to fill the pepper completely but do not top with cheese.

Step 5

Bake peppers for 30 minutes, top each with 2 Tbsp of cheese and continue baking for 15 minutes more.

Utensils Needed

- Knife
- Cutting board
- Oven or toaster
- Mixing bowl
- Mixing spoon
- Can opener

NUTRITION FACTS

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories	357
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	6 mg
Sodium	599 mg
Total Carbohydrates	63 g
Dietary Fiber	13 g
Total Sugars	6 g
Added Sugars	0 g
Protein	19 g

