



### CONTENTS OF THIS BOX:

RICE CEREAL	1 BOX	POWDERED MILK	1 BAG	DRIED CRANBERRIES	12 POUCHES
WHOLE GRAIN ENGLISH MUFFINS	1 BAG	DICED TOMATOES	1 CAN	RAISINS	1 BOX
GRANOLA	1 BAG	TOMATO SAUCE	1 CAN	PEANUT BUTTER	1 JAR
SPAGHETTI	1 BAG	PEAS & CARROTS	2 CANS	CANNED SALMON	1 CAN
MILK <small>Shelf-stable! Refrigerate after opening.</small>	1 BOX	MIXED FRUIT	2 CANS	BLACK BEANS	2 CANS
				BUTTER	1 LB.

## QUICK & EASY DINNER

### BLACK BEAN BURGER



Try this yummy meatless option as a low fat, high fiber alternative to the traditional beef burger.

### INGREDIENTS:

- 1 can black beans, drained, rinsed and mashed with a fork
- 2/3 cup seasoned breadcrumbs
- 1/4 cup grated onions
- 1/2 teaspoon chili powder
- 1 egg, beaten
- Salt and freshly ground black pepper
- Canola oil (for pan)
- 2 rolls or English muffins

### DIRECTIONS:

1. Mix together the beans, breadcrumbs, onions, chili powder, egg and some salt and pepper in a medium bowl. Form the mixture into 2 patties.
2. Preheat a sauté or frying pan over medium-high heat and add some canola oil. Cook the burger 4 minutes per side. Serve on a roll with greens, tomato slices and light mayo, if desired.

*Recipe adapted from [www.foodnetworkorg](http://www.foodnetworkorg).*

## SNACK TIME | SALMON SPREAD

Try this zesty spread that is perfect as a snack. Serve with whole grain bread, crackers, or rice cakes.



### INGREDIENTS:

- 1 can salmon (about 15 1/2 ounce)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 cup yogurt, fat-free plain
- 1 tablespoon dill weed (dried)
- 4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)
- Parsley (for garnish)

### DIRECTIONS:

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish

Recipe from [www.myplate.gov](http://www.myplate.gov).

## NUTRITION NUGGET

### Label Reading – Size up Servings

The nutrition facts label can tell you a lot about the foods you choose – if you know what to look for. A great place to start is by looking at the serving size. The information listed on the label is usually based on one serving of the food. Packages can—and often do—contain more than one serving!

- **Pay attention to the serving size** and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

**Example:** 2 Servings = Calories + Nutrients x2

Learn more at [www.fda.gov/NewNutritionFactsLabel](http://www.fda.gov/NewNutritionFactsLabel)

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) 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.

Want more recipe ideas or nutrition tips?

E-mail us at [nutrition@hungertaskforce.org](mailto:nutrition@hungertaskforce.org) and we'll be happy to help!

[www.HungerTaskForce.org](http://www.HungerTaskForce.org)

