

## Super Quick Mexican Beans and Rice 4 servings

- 1 (14.5 oz.) can Mexican stewed tomatoes
- 2 T. taco seasoning
- 1½ c. rice, cooked
- 1 (15 oz.) can black beans, rinsed and drained

1. In a medium sized pot, add Mexican stewed tomatoes, taco seasoning, and cooked rice. Mix well.
2. Add black beans to pot and stir.
3. Heat mixture over medium heat for 10 to 15 minutes. Stir every few minutes.

### **Nutrition Information per Serving:**

Calories 190, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 1110 mg (46% DV), Total Carbohydrate 44 g (15% DV), Dietary Fiber 8 g (31% DV), Sugars 7 g, Protein 7 g, Vitamin A 15%, Vitamin C 15%, Calcium 6%, Iron 15%.



**Nebraska ranks 44<sup>th</sup> out of 51 states/DC for fruit and vegetable consumption.**

*(Source: 2005 BRFSS)*

In an effort to improve this statistic, the Community Nutrition Partnership Council (CNPC) is promoting the *Pick a Better Snack* campaign to increase fruit and vegetable consumption in Nebraska. This campaign was originally developed by Iowa, but was adapted by CNPC to meet our needs in Nebraska. CNPC is comprised of nutrition professionals throughout the state of Nebraska that are interested in improving the health of Nebraskans with limited resources. With your help we hope to reach more people with our message and increase the amount of fruits and vegetables Nebraskans consume.



Source:  
<http://www.fruitsandveggiesmatter.gov>

Funded by USDA Food and Nutrition Service and Nebraska Health and Human Services System 2007.

## THE BLUE/ PURPLE GROUP



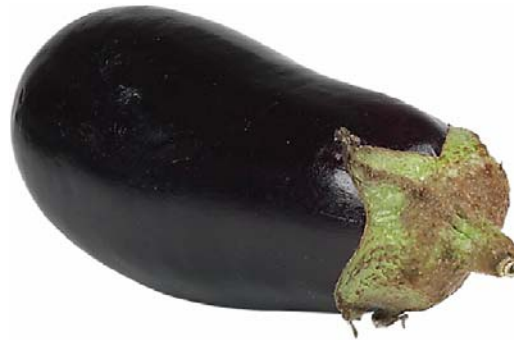
Eating a variety of fruits and vegetables from the **BLUE/PURPLE** group may help with memory function, healthy aging, and urinary tract health. They may also help lower the risk of some cancers!

## **BLUE/PURPLE** Fruits

- Black Currants
- Blackberries
- Blueberries
- Dried Plums
- Elderberries
- Plums
- Purple Figs
- Purple Grapes
- Raisins



## **BLUE/PURPLE** Vegetables



- Black Salsify
- Eggplant
- Purple Asparagus
- Purple Belgian Endive
- Purple Cabbage
- Purple Carrots
- Potatoes (Purple Fleshed)
- Purple Peppers

## **BLUE/PURPLE** Beans & Peas

- Black Beans
- Black Soybeans



Remember to make your meals colorful by including a variety of fruits and vegetables!