



A Nutrition Resource



# MEXICAN FOOD

Using basic ingredients, you can prepare low cost, pleasing meals with Mexican food that the whole family will enjoy. Hot sauces and salsa will add flavor and spice. Try mild varieties for children and others who do not enjoy hot and spicy foods. Jalapeño peppers are hot - use them sparingly or remove some or all of the seeds to cut down on the heat. Also, wear gloves or wash your hands thoroughly after chopping.

Build Your Own Tacos				
SHELL & TORTILLA	PROTEIN	VEGETABLES	EXTRAS	SPICES
<ul style="list-style-type: none"> <li>• Hard shells</li> <li>• Corn tortillas</li> <li>• Whole wheat tortillas</li> </ul>	<ul style="list-style-type: none"> <li>• Lean ground beef (<i>15% fat or less</i>)</li> <li>• Ground turkey</li> <li>• Refried beans (<i>or refried black beans</i>)</li> <li>• Cooked black beans (<i>or canned, drained and rinsed</i>)</li> <li>• Cooked pinto beans (<i>or canned, drained and rinsed</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato</li> <li>• Lettuce</li> <li>• Onion</li> <li>• Green pepper</li> <li>• Zucchini</li> <li>• Mushroom</li> <li>• Avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Sour cream</li> <li>• Taco sauce</li> <li>• Hot sauce</li> <li>• Salsa</li> <li>• Olives</li> </ul>	<ul style="list-style-type: none"> <li>• Paprika</li> <li>• Cumin</li> <li>• Chili powder</li> <li>• Red pepper Flakes</li> </ul>

## Cooking Tacos

1. Warm taco shells or tortillas in a 350°F oven for 5 minutes.
2. Cook the meat or warm the beans. Stir in spices.
3. Prepare vegetables and extras. (Chop the tomatoes, shred the lettuce, etc.) You may want to lightly sauté some of the vegetables.
4. Let each family member choose from the ingredients available. Choose a shell/tortilla, protein, lots of vegetables, and a little bit of the 'extras.'



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**MONTANA**  
STATE UNIVERSITY

EXTENSION

## Huevos Rancheros

**Yield: 2 Servings | Serving Size: 2 Tortillas with Toppings**

- 4 corn tortillas
- ½ can low sodium refried beans (or refried black beans) \*
- 3 eggs
- 4 Tablespoons salsa
- ¼ cup grated cheese, Cheddar or Jack

- 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.
- 2) Heat beans in a small saucepan or in the microwave. Be sure to cover beans when heating in the microwave to prevent splatter.
- 3) Cook eggs according to taste. Generally, eggs “over easy” are used, but scrambled eggs work just as well.
- 4) Place two warm tortillas on each plate. Top with the beans and sprinkle with grated cheese. Place eggs on top of cheese. Top with salsa.

*\*Choose low- or no-fat canned beans to reduce fat content*

## Easy Cheese Enchiladas

**Yield: 4 Servings | Serving Size: 3/4 Cup**

- 3 cups cooked black beans (or canned, drained and rinsed)
- ½ cup salsa
- 1½ cups frozen corn kernels
- 1 - 15 ounce can unsalted, diced tomatoes
- 1½ cups shredded cheese
- 12 corn tortillas
- 1 can (15 ounces) green enchilada sauce

- 1) Preheat oven to 350°F. Lightly oil or spray a 9 x 13-inch baking dish.
- 2) Mix beans, salsa, corn, and half of the cheese together in a bowl.
- 3) Spoon about ½ cup of the bean mixture onto each tortilla.
- 4) Roll each tortilla and place seam-side down in baking dish.
- 5) Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
- 6) Bake for 15-20 minutes, or until hot.

**Variations:** Add other vegetables, such as lightly cooked mushrooms, spinach, zucchini, etc. to the bean and cheese mixture. Add more salsa or hot sauce to enchiladas when serving.

*Adapted from foodhero.org*

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>2 tortillas with toppings (263g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 260mg	<b>87%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 19g	
Vitamin D 1mcg	6%
Calcium 170mg	15%
Iron 3mg	15%
Potassium 464mg	10%
<small>*The % Daily Value 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.</small>	

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1.5 enchiladas (257g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 185mg	15%
Iron 2mg	10%
Potassium 396mg	8%
<small>*The % Daily Value 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.</small>	

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