



A nutrition Fact Sheet



Spice Up Dinnertime with Mexican Food

Mexican food is popular with all ages. Using basic ingredients you can prepare low cost, pleasing meals the whole family will enjoy. Hot sauces and salsa 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 when chopping or wash your hands thoroughly after chopping.

Build Your Own Tacos

Shell/Tortilla

Taco shells
Corn tortillas
Whole wheat tortillas

Protein

Lean ground beef (15% fat or less)
Ground turkey
Refried beans (or refried black beans)
Cooked black beans (or canned,
drained and rinsed)
Cooked pinto beans (or canned,
drained and rinsed)

Vegetables

Tomatoes
Lettuce
Onions
Green peppers
Zucchini
Mushrooms
Avocado

Extras

Cheese
Sour cream
Taco sauce
Hot sauce
Salsa
Olives

Spices

Paprika
Cumin
Chili powder
Red pepper
flakes

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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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 a sprinkle with grated cheese. Place eggs on top of cheese. Top with salsa.

*To reduce the fat in the recipe, choose “no fat” or “low fat” refried beans.

Easy Cheese Enchiladas

Yield: 8 servings • Serving Size: 1½ enchiladas

- 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.
2. Lightly oil or spray a 9 x 13-inch baking dish.
3. Mix beans, salsa, corn, and half of the cheese together in a bowl.
4. Spoon about ½ cup of the bean mixture onto each tortilla.
5. Roll each tortilla and place seam-side down in baking dish.
6. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
7. 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

This institution is an equal opportunity provider.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach.

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

*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.

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

*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.