

# May Nutrition Education



- May 10<sup>th</sup>- Food Sampling 1-3 pm
- May 15<sup>th</sup>- Food Sampling 1-3 pm
- May 17<sup>th</sup>- Food Sampling 1-3 pm
- May 22<sup>nd</sup>- Food Sampling 1-3 pm
- May 23<sup>rd</sup> Food DEMO 2pm- 3pm
- May 24<sup>th</sup>- Food Sampling 1-3 pm
- May 29<sup>th</sup>- Food Sampling 1-3 pm
- May 31<sup>st</sup>- Food Sampling 1-3 pm



## **Chicken Tortilla Wrap**

### **Ingredients:**

- 1 can Canned chicken
- Romaine lettuce
- Tomatoes
- Onion
- Pickles
- Whole wheat tortillas
- ¼ cup Light mayonnaise

### **Directions:**

1. Drain canned chicken, rinse, and shred with fork.
  2. Add mayo
- Add desired toppings



## **Bison Taco Bowl**

### **Ingredients:**

- 1 pound ground **Bison**
- 1 tsp **Vegetable oil**
- 2 **Bell peppers** (1 red & 1 green, chopped)
- ½ **onion** (chopped)
- 3 cloves garlic (diced)
- 3 tablespoons taco seasoning
- ½ cup low sodium beef broth
- 8.75 ounces can **kidney beans** (drained and rinsed)
- To taste salt and pepper
- 3 cups brown or **white** rice (cooked)
- ½ cup part Cheddar **cheese** (skim shredded)
- 1 **Romaine lettuce** (thinly sliced)
- ½ **Tomato** (diced)

### **Directions:**

Heat a large non-stick sauté pan over medium high heat. Add ground bison into the dry pan, then using a wooden or rubber spatula, break the meat apart. Cook for a couple of minutes or until the meat is no longer pink, then push the meat over to one side of the pan.

Add one teaspoon of olive oil to the empty half of the pan, then add in the peppers, onion, garlic and a pinch of salt. Allow the veggies to cook until they are tender, about five minutes, then combine the meat and the veggies together.

Stir in the taco seasoning trying to ensure an even coating over the meat veggie mixture.

Stir in broth and beans and allow to cook until the broth has evaporated and the beans are heated through (about five minutes or so).

Time to build your bowl! Put a half-cup of brown rice in the bottom of your serving bowl. Top with a small handful of romaine, a heaping tbs of cheese, and one cup of the bison-taco mixture. Sprinkle with chopped tomatoes and enjoy.

Serves 6.

### **For more information, contact:**

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**TIP: Give your water some personality! Water is a refreshing choice. Jazz it up by adding slices of fruit like strawberries and lemon or fresh herbs like mint, rosemary or basil.**