Powerful Protein!

Protein Foods
Protein keeps us strong and healthy and helps children grow. Protein foods come from animals (meat, poultry, seafood, and eggs) and plants (beans, peas, soy products, nuts, and seeds).

<table>
<thead>
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<th>How much protein do you need each day?</th>
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<td>Ages 2-13</td>
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<td>2 to 5 ounces</td>
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Examples of common portions of protein foods:
- 3 ounces of hamburger = looks like a deck of cards
- 2 tablespoons of peanut butter = looks like a golf ball
- ½ cup cooked beans = looks like one scoop of ice cream
- 1 egg or 12 almonds = 1 ounce

Choose your protein wisely.
- Trim the visible fat off meat.
- Choose seafood such as tuna and salmon twice a week.
- Eat more plant proteins such as black or pinto beans, split peas, chickpeas, hummus, soy foods (tofu and tempeh), nuts, and seeds.

MyPlate can help us make healthy food choices for breakfast, lunch, dinner, and snacks. MyPlate says half your plate should be fruits and vegetables, the other half should include grains and protein; add some dairy to make a nutritious meal!
Kids Corner

Baked Chicken Nuggets – a healthier choice than the fast food version.

Preparation Time: 15 minutes
Cooking Time: 10 minutes
Makes: 4 servings

Ingredients:
2 boneless, skinless chicken breasts, cut into bite size pieces
4 cups cornflakes
1 egg

Directions:
1. Wash hands with warm water and soap.
2. Preheat oven to 375 degrees. Coat baking sheet with oil or cooking spray.
4. Place cornflakes in sealable plastic bag and crush into tiny bits.
5. Dip chicken pieces in egg/milk mixture.
6. Drop chicken pieces into plastic bag and seal. Shake to coat evenly.
7. Place nuggets on baking sheet.
8. Put nuggets in preheated oven. Bake 10 minutes. Nuggets are done when golden brown and show no pink when cut open.
9. Serve with ketchup or barbecue sauce.
10. Refrigerate leftovers for up to 4 days.

Note: Make nuggets a MyPlate snack by adding apple slices, grapes, or carrots.

Super Simple Chili – is an easy, tasty, and cheap way to combine meat and beans for plenty of protein.

Preparation Time: 45 minutes
Makes: 8 (1 cup) servings

Ingredients:
1 pound ground beef or turkey
1 medium onion, chopped
3 tablespoons chili powder
2 (14-ounce) cans crushed tomatoes with juice
2 (15-ounce) cans beans, rinsed and drained
1 (15-ounce) can chicken broth

Directions:
1. Wash hands with warm water and soap.
2. In a large pot, cook the meat and onion over medium heat about 5 minutes or until the meat is cooked.
3. Drain the fat.
4. Stir the chili powder into the meat and onions.
5. Add the crushed tomatoes, beans, and broth to the meat mixture and bring to a boil.
7. Spoon chili into bowls and serve hot.
8. Optional toppings: shredded cheese and chopped onion
9. Refrigerate leftovers, for up to 4 days.

Note: Make chili a MyPlate dinner by adding a salad, a corn tortilla, or carrots.