

## Grill up Great Taste

Grill up some great tasting meals this summer!

### Start with lean meat

Chicken breasts, steaks and hamburgers cook quickly.

### Season the meat

Use your favorite Cajun or Mexican seasonings.

### Grill the meat

Cook hamburgers and chicken until meat is no longer pink.

Use a thermometer – cook until hamburger is 160° or chicken breast is 170°.

### Slice the meat

Remove chicken or steak from grill.

Slice into long thin slices.

Hamburger can be broken into small pieces.

Use your grill to make chicken or beef tacos, quesadillas, nachos or sandwiches!

### Make Grilled Tacos

- ♥ Layer chicken or beef slices, or hamburger pieces in tortilla.
- ♥ Top with shredded cheddar cheese, chopped lettuce, tomatoes, onions, black olives and salsa.

### Make Grilled Nachos

- ♥ Cover a large plate with low fat corn chips.
- ♥ Top with chicken or beef slices or hamburger pieces.
- ♥ Top with shredded cheddar cheese, chopped lettuce, tomatoes, onions, black olives and salsa.

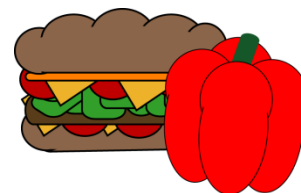


### Make Grilled Quesadillas

- ♥ Layer chicken or beef slices or hamburger pieces on a tortilla shell.
- ♥ Sprinkle shredded cheddar cheese on meat.
- ♥ Top with another tortilla shell.
- ♥ Heat in microwave until cheese melts.
- ♥ Cut quesadilla into slices. Serve with salsa.

### Make Grilled Chicken Sandwiches

- ♥ Layer chicken hamburger pieces on a bun.
- ♥ Top with shredded lettuce, tomatoes and low fat Italian salad dressing.



# Spanish Rice

- 1 cup uncooked brown rice
- 1 ½ cups water
- 14.5 ounce can diced tomatoes with chiles
- 1 to 2 tablespoons taco seasoning mix

- 1 Combine rice, water, tomatoes and taco seasoning in a large saucepan. Bring to a boil.
- 2 Reduce heat to low and cover. Simmer for 45 minutes.
- 3 Remove from heat. Let stand for 5 minutes. Fluff with a fork and serve.

6 servings (1/2 cup) 109 calories,  
1 gram fat, 8% calories from fat  
and 2.3 grams fiber in a serving.



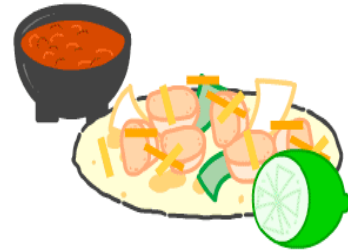
## Taco Seasoning Mix

An easy way to add flavor!

Taco Seasoning Mix is available  
in 1.25 ounce packets.

There are about 6 tablespoons of  
seasoning in a packet.

Store the leftover seasoning mix  
in a small glass jar with a cover.



## Five Ways to eat Spanish Rice

### 1 Cheesy Spanish Rice

Top Spanish rice with shredded cheddar cheese and enjoy as a side dish. Serve with grilled chicken, enchiladas or pork chops.

### 2 Burritos with Rice

Spoon Spanish rice on a tortilla. Add grilled hamburger, chicken or steak. Top with shredded lettuce, salsa and shredded cheese. Roll up and eat.

### 3 Beefy Spanish Rice

Cook hamburger in skillet until meat is brown. Add Spanish rice to cooked hamburger and serve!

### 4 Stuffed peppers.

Cut green or red sweet peppers in half and remove seeds. Cook pepper in microwave until slightly soft. Stuff with Spanish rice and top with shredded cheese. Bake in oven until warm.

### 5 Beans and Rice

Drain and rinse canned red or black beans. Combine beans and Spanish rice. Heat and serve.