

Protein Selections

Select Flavorful, Lower-fat Foods From the Meat and Bean Group

Choose More

Baked or stewed chicken with the skin removed (Remove the skin after the chicken is cooked.)
Roast turkey
Lean ground beef or ground turkey
Fish canned in water
Leaner cuts of beef (generally, beef cuts with loin or round in the name are the leanest choices, such as beef round tip, top round, eye of round, bottom round, top loin, tenderloin, sirloin, chuck arm pot roast and flank steak.)
Lower-fat packaged lunch meats like turkey ham, smoked or baked chicken breast, very thinly sliced chicken breast, very thinly sliced chicken, turkey, ham or roast beef, boiled ham, honey loaf, turkey pastrami and lower-fat hot dogs
Poached or hard-cooked eggs, egg whites
Dry beans and peas cooked without added fat such as bacon grease or ham hocks
Tofu and textured vegetable protein and other protein replacements
Peanut butter
Nuts



Choose Less

Fried chicken
Fried turkey
Beef cuts higher in fat such as brisket, chuck blade roast or steak, T-bone steak, ribs
Regular ground beef or ground pork
Regular sandwich meats like salami and bologna, hot dogs and sausage
Fish canned in oil
Fried or scrambled eggs
Dry beans and peas cooked with added fat such as bacon grease, lard or ham hocks

Use herbs such as parsley or basil to enhance flavor. Spices such as black, red and white pepper add an extra zing to recipes.

Herbs are particularly delicious when used in grilling and roasting meat.

Ground beef can contain harmful bacteria if not cooked properly. Before you take a bite of ground beef, be sure:

- It's brown in the center.
- Juices are clear – not pink, red or cloudy.
- Texture is firm – not soft, mushy or flaky.



GROUND BEEF WITH RICE & SPINACH

Preparation time: 5 minutes; cooking time: 40 minutes

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|---------------------------------------|----------------------------------|
| 1 pound lean ground beef | 10 ounces spinach, thawed |
| 1 onion, chopped | 3/4 cup white rice |
| 1 clove garlic, minced | 1 teaspoon dill weed |
| 4 cups canned crushed tomatoes | 1/4 teaspoon pepper |

In a large skillet, sauté beef, onion and garlic over medium high heat about 5 minutes, stirring frequently until beef is browned and crumbly. Drain off excess fat and stir in remaining ingredients. Bring to a boil and reduce heat to low. Cover and simmer 30-35 minutes or until rice is tender.

Per serving: calories 361, fat 5.4g, 14% calories from fat, cholesterol 66 mg, protein 27.1 g, carbohydrates 49.8 g, fiber 2.2 g, sodium 506 mg.



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