Southwestern Pork Salad

Serves 4

Ingredients:

nonstick cooking spray
1/2 cup onion (chopped)
12 ounces pork (drained,
about 1/2 of a 24-ounce can)

1 tablespoon chili powder

2 teaspoons dried oregano (if you like)

1/2 teaspoon ground cumin (if you like)

1 cup low-sodium canned kidney beans

1 cup low-sodium canned tomatoes (drained)

2 cups lettuce (chopped)

1/2 cup reduced-fat cheddar cheese (shredded)

Directions:

- In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
- Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that too. Mix and cook for 1 minute.
- Arrange lettuce onto a serving plate or in individual bowls. Top lettuce with pork mixture and sprinkle with cheese.

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.



Nutrition Facts

Serving Size (279g) Servings Per Container

Vitamin A 50%

Calories 290	Calories from Fat 130
	% Daily Value
Total Fat 14g	22%
Saturated Fat	5g 25 %
Trans Fat 0g	
Cholesterol 75m	ıg 25 %
Sodium 390mg	16%
Total Carbohydr	ate 16g 5%
Dietary Fiber 5	g 20 %
Sugars 4g	
Protein 24g	

Calcium 25%	 Iron 15%
	are based on a 2,000 calorie may be higher or lower

Vitamin C 25%

depending on your calone needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dioton Eibor		254	200

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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l	Protei	n 249

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Fat 9 • Carbohydrate 4 • Protein 4

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