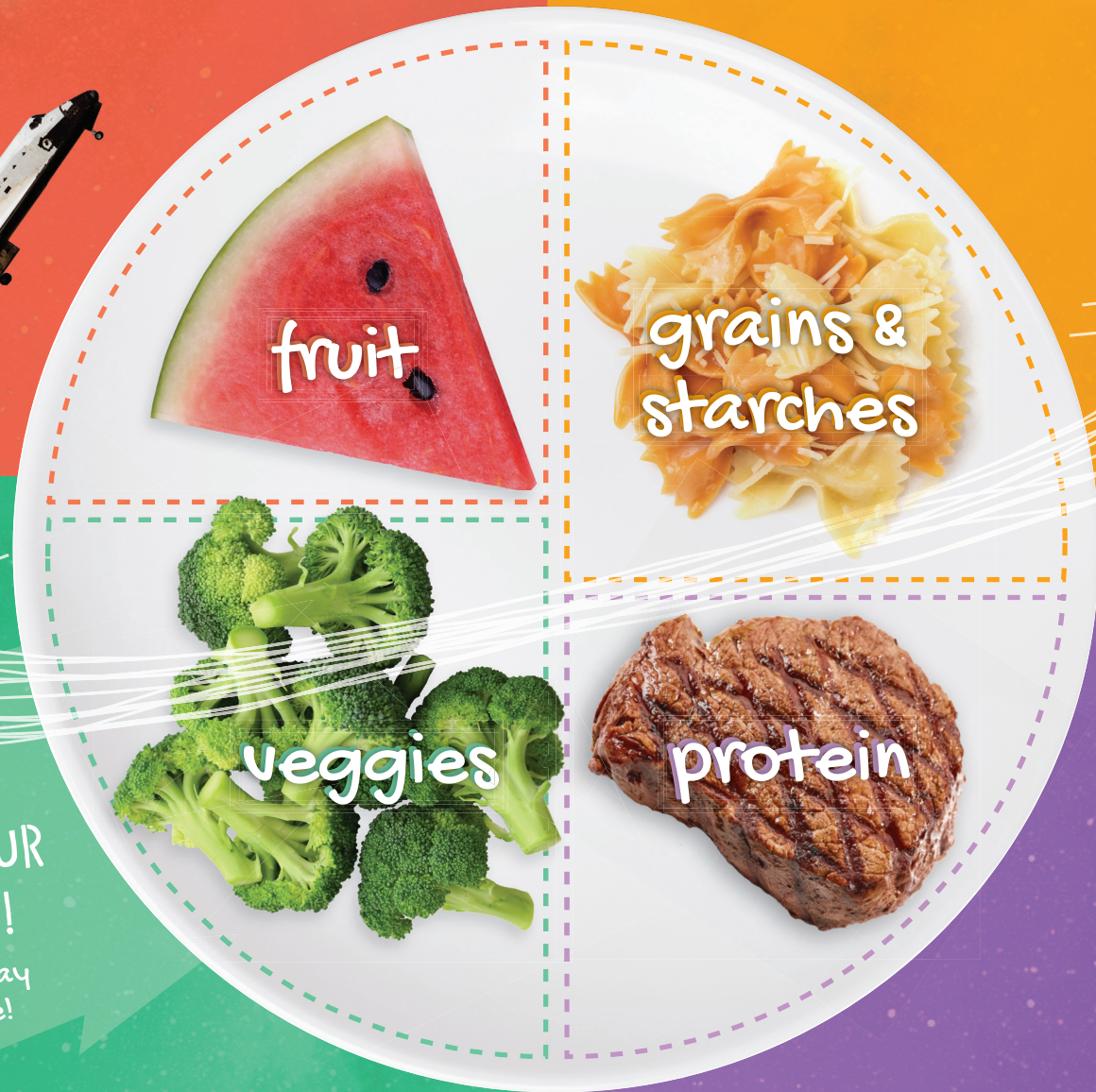


BEEF
IT'S WHAT'S FOR DINNER.®

SUPER FOODS

fuel your fun!



**EXERCISE
FOR AN HOUR
EVERY DAY!**
Get moving, play
and be active!



Funded by Beef Farmers and Ranchers

VEGETABLES

carrots
tomatoes
cucumbers
snap peas
baby bell peppers
broccoli
asparagus
zucchini
salad greens
cabbage



FRUIT

berries
apples
oranges
nectarines
melon
small banana
mango
kiwi
grapefruit
grapes



GRAINS & STARCHES

whole grain bread
english muffins
brown rice
beans
whole grain cereal
oatmeal
tortillas
whole grain pasta
popcorn



DAIRY

milk
yogurt
cheese
kefir
lactose-free milk
fortified, unsweetened soy milk



PROTEIN

beef
pork
chicken
turkey
fish
eggs
beans
nuts
soy



BEEFLOVINGTEXANS.COM/FUELYOURFUN

Lone Star Beef & Veggie Sliders

Makes 16 servings • 10 min

INGREDIENTS

2 lbs. Ground Beef, (95% lean)
1 medium zucchini, grated
1 medium carrot, grated
6 cloves garlic, minced
1/2 cup cilantro, chopped
1/4 cup plain bread crumbs
1 egg, beaten
2 Tbsp. chili powder
2 tsp. ground cumin
1/4 tsp. Kosher salt
1 tsp. freshly ground black pepper
Cooking spray
16 whole wheat slider-size buns

1. Preheat gas or charcoal grill to 400°F.
2. Combine Ground Beef and other ingredients in a large bowl, mixing lightly, but thoroughly. Shape into 16 patties. Make a small indentation in the center of each burger with your thumb.
3. Place burgers on oiled grates and grill for approximately 3-5 minutes on one side. Flip once. Grill on the other side for 3-5 minutes or until internal temperature reaches 160°F measured using a meat thermometer inserted into the thickest part of the burger.
4. Serve on buns, garnished as you like.

NUTRITION INFORMATION

Based on 95% lean Ground Beef. Nutrition information per serving (1 slider with bun): 200 Calories; 50 Calories from fat; 5g Total Fat (1g Saturated Fat; 1g Monounsaturated Fat); 45mg Cholesterol; 250mg Sodium; 23g Total Carbohydrate; 2g Dietary Fiber; 18g Protein; 2mg Iron; 3mg Niacin; 0.3mg Vitamin B6; 1.4mg Vitamin B12; 3mg Zinc; 10mcg Selenium; 50mg Choline

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Zinc, and Selenium

NOTE: Serve with half a plate of fruits and vegetables, and a glass of milk.
Serving size based on elementary-aged child.