

CHICKEN FAJITAS

A fast and easy meal for everyone

SPENDSMART
EATSMART

Cooking tips

- Look for peppers at your local farmers' market July through September.
- Wash hands, cutting board and knife before and after handling raw chicken.
- Cover cold tortillas with a moist paper towel and microwave for 30 seconds to make them easier to fold.
- For a meatless meal, use 1 can (15 ounces) black beans (drained, rinsed) instead of chicken.

MyPlate meal idea

- Chicken Fajitas
- Mangos
- Low-fat milk



UW
Extension
University of Wisconsin-Extension



IOWA STATE UNIVERSITY
University Extension

Find this recipe at Iowa State University Extension's Spend Smart. Eat Smart. website:
www.extension.iastate.edu/foodsavings.

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To learn more, contact your local FoodShare office or visit <http://access.wisconsin.gov>. This display is adapted with permission from *Healthy and Homemade*, 2014 Nutrition and Fitness Calendar produced by Iowa State University Extension.

Shop the farmers' markets for fresh food and more

Why shop at your local farmers' market?

1. It's a fun place to go with your family and meet people.
2. It's a great place to get fresh, locally grown fruits and vegetables.
3. It's a great place for children to learn how food is grown.
4. The money you spend goes back into the local economy.
5. You can save money.
6. In many communities, farmers maintain cultural ties by growing traditional foods.

How did the number of farmers' markets in the U.S. in 2013 compare to 2003?

- a. Stayed the same
- b. Increased by 10%
- c. Doubled in number
- d. Decreased by 10%

Answer

c. Doubled in number



Cook together. Eat
together. Talk together.
Make mealtime a family time.

What can children do in the kitchen?

2-year-olds can:

- Tear lettuce, break apart broccoli or snap green beans. Encourage them to taste rinsed vegetables and fruits.
- Wash unbreakable dishes or pans. Be prepared for spills, a wet counter, and wet clothes.

4-year-olds can:

- Peel foods such as bananas or oranges with their fingers.
- Mash soft foods with a fork.

3-year-olds can:

- Use small water pitchers to pour water or milk.
- Mix ingredients with a spoon.

5-year-olds can:

- Measure. Show them how to fill a measuring spoon or cup with dry ingredients and level it, and how to measure liquids in a clear cup.
- Cut semi-soft foods such as cheese and bananas with plastic knives.

