



Healthy Food for Kids

3

Tasty, Cost-Effective, and Nutritious Recipes!

Build-Your-Own Tacos with Ground Chicken Filling



Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
1 medium yellow onion		\$1.29/onion	Target
1 clove garlic		\$0.50/10-12 cloves	Ralphs
8 oz. mushrooms	Good and Gather Whole White Mushrooms	\$2.29/8 oz.	Target
1 lime		\$0.49/lime	Ralphs
1 pound ground chicken	Trader Joe's Fresh Lean Ground Chicken	\$3.69/lb.	Trader Joe's
Whole Wheat Tortillas	Mission 100% Whole Wheat Medium Flour Tortillas	\$3.49/10 count	Target
1 orange		\$0.50/orange	Ralphs
1 tablespoon cilantro		\$0.99/lb.	Ralphs

Ingredients Likely At Home

Salt (to taste)	Morton Iodized Salt	\$0.87/26 oz.	Target
3/4 teaspoon chili powder	Market Pantry Chili Powder	\$2.69/4.5 oz.	Target
1/4 teaspoon ground black pepper	McCormick Pure Ground Black Pepper	\$5.69/6 oz.	Target
4 teaspoons olive oil	Kroger Extra Virgin Olive Oil	\$6.99/25.5 fl oz.	Ralphs

Cost of Ingredients Not Likely at Home:

\$13.24 (Total); \$3.31 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:

\$29.48 (Total); \$7.37 (per serving)

Recipe



Prep Time:
20 min
Cook Time:
30 min

1.

- Heat 2 teaspoons of olive oil in a skillet over medium-high heat and add the onions (chopped) and garlic (minced)
- Cook until the onions are translucent or almost transparent (about 3 minutes)
- Add in the mushrooms and cook until lightly browned (about 10 minutes)
- Add 1/2 teaspoons of chili powder, then juice the lime and orange halves over the mushrooms and add salt to taste
- Let the mushroom mix sit on low heat for 1 minute
- Garnish with cilantro and remove from the heat

2.

- In a large skillet, heat 2 teaspoons of olive oil on high heat and add the ground chicken
- Stir continuously
- Add in 1/4 teaspoons of chili powder, black pepper, and salt to taste
- Reduce the heat to medium-low and cook, stirring occasionally, until the liquid reduces

3.

- Set up whole wheat tortillas, and if you prefer, keep lettuce leaves, bell peppers, avocado, or plain yogurt on the side for extra toppings

***the nutrition facts do not include the toppings as they vary with each person's preference*

Nutrition Facts

4 servings per recipe

Serving size

1 taco

Amount per serving

Calories

259.6

% Daily Value*

Total Fat 14.7g **23%**

Saturated Fat 3.5g **18%**

Trans Fat 0.1g

Cholesterol 64.3mg **21%**

Sodium 1547.2mg **64%**

Total Carbohydrates 25g **8%**

Dietary Fiber 16.4g **66%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 22g **44%**

Vitamin D 0.14mcg 1.4%

Calcium 84.77mg 8.5%

Iron 1.56mg 8.7%

Potassium 516.05mg 14.7%

** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

***the nutrition facts use an approximation for salt since no exact amount was given*

A graphic of a spotlight with a yellow beam shining down on the text.

Nutrition Spotlight

Dietary Fiber

The whole wheat tortillas make dietary fiber the star nutrient of this dish! Dietary fibers are an important source of carbohydrates. Carbohydrates, a type of macromolecule, are sugars that serve as the primary energy source for our body. The recommended level of fiber for children, according to the American Heart Association, is 20-25 grams per day. Unfortunately, the average fiber intake for US children is less than half of the recommended level. There are two different kinds of dietary fibers that people must consume everyday, at a ratio of 3g of insoluble fiber for every 1g of soluble fiber. However, this is difficult to do since nutrient labels do not distinguish between soluble and insoluble fibers.

Insoluble fibers help decrease the risk of colon cancer, prevent constipation, and decrease the chance of diverticulitis (a type of colon infection). This type of fiber is called “insoluble” because it does not dissolve in water. Insoluble fibers can be found in foods such as whole wheat/grains, brown rice, legumes (peas, chickpeas, beans), carrots and tomatoes. Thus, this meal is a great source for insoluble fibers!

Soluble fibers, on the other hand, decrease the risk of cardiovascular disease by lowering cholesterol levels, decrease the risk of Type 2 diabetes by lowering the amount of glucose in the body, and prevent diarrhea. This type of fiber is called “soluble” because it can dissolve in water. Soluble fibers can be found in beans, nuts, oatmeal, lentils, and fruits.

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:

<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Food Network’s recipe, found here:
<https://www.foodnetwork.com/recipes/make-your-own-tacos-3415237>

The ‘nutrition facts’ label was created by inputting ingredients into Cronometer and is only an approximation:
<https://cronometer.com/>

The information on dietary fiber was retrieved from:
<https://pubmed.ncbi.nlm.nih.gov/19335713/>
<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/>
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dietary-recommendations-for-healthy-children>

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*