



# Sacks of Snacks



Offering a hand up, not a hand out

May 17, 2024

Welcome to this week's *Sacks of Snacks*. The recipe is a meatless recipe with beans and rice. Beans and rice can be a great way to stretch your food dollars. I have also included a low-calorie fruit dish for the meal or as a dessert. Send me your family's review of these recipes. If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

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Extension - Nutrition Education Program

Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trena Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

## VEGETARIAN BEAN AND RICE BURRITO

- 2 cups cooked rice
- 2 tablespoons fresh cilantro, chopped
- 2 limes, juiced
- ½ medium onion, diced
- 3 to 4 cloves garlic, minced
- 2 tablespoons vegetable oil or olive oil
- 1 (15 ounce) can black beans or pinto beans, drained
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- 1 tablespoon hot sauce, or to taste
- Pinch salt, to taste, optional
- 4 (10 inch) large tortillas

In a large microwave-safe bowl, toss together cooked rice and fresh chopped cilantro, and drizzle with the lime juice. Heat in the microwave or on the stove just until hot, and give it a quick stir. In a separate large skillet, sauté the onion in vegetable oil or olive oil for 5 minutes, or until the onion is soft. Add the garlic and cook another minute. Reduce the heat to medium-low, add the black beans or pinto beans, and season with the chili powder, cumin, and hot sauce, stirring to combine. You can add a bit of salt if you'd like, but you shouldn't need too much with all the other seasonings. Allow the beans to cook until heated through, about 5 minutes. Spoon the cilantro-lime rice and the black bean mixture onto lightly warmed flour tortillas, and add any additional toppings you want. Wrap the burritos: Fold the short ends in, then fold one long side over the filling and gently push to ensure the fold is tight before rolling up the remainder of the burrito. Cut in half, and serve immediately. Serves: 4

Source: <https://www.thespruceeats.com>

## EASY FRIED APPLES

- ½ cup butter
- 6 Granny Smith apples
- ½ cup granulated white sugar
- ¼ cup packed brown sugar
- 1 teaspoon cinnamon
- 1 pinch nutmeg
- 1 pinch salt
- Vanilla ice cream, optional



Peel, core and slice the apples into even pieces. Melt the butter in a large skillet over medium heat. Add the apples, cover, and cook over low heat for 15-20 minutes, until the apples are soft. Stir often so they don't burn. Mix the white sugar, brown sugar, cinnamon, nutmeg and salt together in a bowl. Add to the apples and stir. Cook for another 5-10 minutes until the sugar is dissolved and are syrupy. Serve over ice-cream, or as a side. Serves: 6

Source: <https://www.kyleecooks.com>

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