



### Deanne Garrett

Better Living for Texans  
Program Assistant

Texas A&M AgriLife Extension  
Fort Bend County

1402 Band Road, Suite 100  
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040  
Fax: (832) 471-2400

#### WEBSITE:

<http://fortbend.agrilife.org>

#### EMAIL:

[deanne.garrett@ag.tamu.edu](mailto:deanne.garrett@ag.tamu.edu)

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## Mexican Piñata Salad

**Prep Time:** 20 minutes

**Cost per serving:** \$1.03

### What you need:

#### Utensils:

- Measuring cups
- Spoon
- Small bowl
- Cutting board
- Knife
- Skillet

#### Ingredients:

- 1 pound extra lean ground beef, browned and drained
- 2 medium tomatoes, diced
- 1 medium head of lettuce, chopped
- ½ cup reduced fat cheddar cheese, grated
- 2 cups pinto beans, prepared or canned
- baked whole wheat tortilla chips or corn tortillas (optional)
- garlic, salt and pepper to taste

#### What to do:

1. Wash your hands and clean your cooking area.
2. Brown ground beef in skillet and drain thoroughly.
3. Season beef with garlic, pepper and salt, to taste.
4. Chop lettuce, dice tomatoes and grate cheese.
5. Layer beans, meat, lettuce, tomatoes and cheese in a salad bowl, and do not toss.
6. Serve immediately.

### Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 5g	20%
Sugars 3g	
<b>Protein 22g</b>	
Vitamin A 20%	Vitamin C 15%
Calcium 20%	Iron 15%