Grab ‘n’ Go Dinner for Tonight

Deep Dish Taco Pizza
Serves: 6

Ingredients:	Where to find it:
1 lb lean ground beef or lean ground turkey	Meat Dept
1/2 cup frozen chopped onion or fresh chopped onion	Frozen Vegetables
1 (15 oz) can diced tomatoes with green chilies, drained	Aisle 3
1 tsp salt free Mexican seasoning	Aisle 5
1 (10 oz) tube refrigerated pizza crust dough	Refrigerated bread/rolls
Nonstick cooking spray	Aisle 5
1 cup (4 oz) shredded part skim Mozzarella	Refrigerated cheeses
2 cups finely shredded fresh cabbage	Produce Department
Salsa (optional)	Aisle 2
Reduced-fat sour cream (optional)	Refrigerated Dairy

1. Preheat oven to 425 degrees
2. Cook beef/turkey and onion in a large nonstick skillet over medium-high heat until meat is browned, stirring to crumble. Drain well and return meat to pan. Stir in tomatoes and seasoning; cook over medium-high heat 1 minute or until thoroughly heated; set aside.
3. Unroll pizza crust dough. Press into bottom and half way up sides of a 13 x 9-inch baking dish coated with cooking spray. Spoon meat mixture over pizza crust dough.
4. Bake at 425 degrees for 12 minutes. Top with cheese, and bake 5 minutes or until cheese melts and edges of crust are browned. Let stand 5 minutes before slicing. Serve warm, topped with shredded cabbage. Add salsa and sour cream, if desired.

Deep Dish Taco Pizza
Servings Per Meal (6)

Amount Per Serving	
Calories 280	**Calories from fat 70**
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Cholesterol 50mg	17%
Sodium 670mg	28%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 25g	

Vitamin A 8% • **Vitamin C** 30%
Calcium 15% • **Iron** 20%

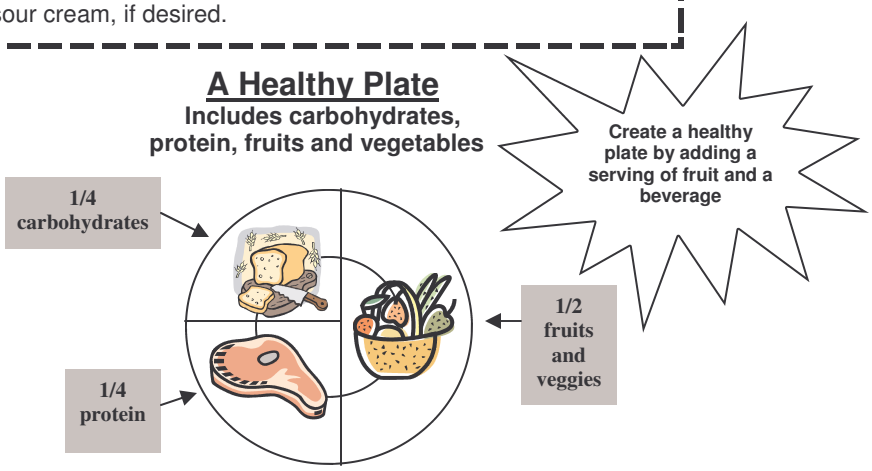
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate

Includes carbohydrates, protein, fruits and vegetables



Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.60

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.