

FUELING FOR FIRE:

Nutrition that Powers the Call

MEXICAN CHICKEN CASSAROLE

Serving Size: 1.5 cups (Serves 6 People)

Calories: 554 kcal **Protein:** 54g

Carbohydrate: 47g **Fat:** 17g **Fiber:** 5g

Preparation: 45 Minutes

INGREDIENTS

- **2 Cups** Chicken Broth
- **4 Cans** (4.5oz cans) Chopped Green Chilies, Divided
- **3 Pounds** Chicken Breast
- **4 TSP** Olive Oil
- **2 Cups** Chopped Onion
- **2 TBSP** Cilantro
- **1** Garlic Clove (chopped)
- **2 Cups** Evaporated Skim Milk
- **2 Cups** Monterey Jack Cheese (shredded)
- **½ Cup** Cream Cheese
- **2 Cans (10 oz)** Enchilada Sauce
- **24 (6-inch)** Corn Tortillas
- **1 Cup** Shredded Reduced-Fat Cheddar Cheese
- **2 Ounces** of Crushed Tortilla Chips (about 12 chips)
- **2 TSP** Cumin
- **2 TSP** Chili Powder

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine broth and 2 cans of chilies in a large skillet and bring to a boil. Add the chicken, reduce the heat, and let it simmer for about 15 minutes, turning once, until the chicken is fully cooked. Remove the chicken and save the cooking liquid. Let the chicken cool, then shred it with two forks and set it aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onions and 2 cans of chilies; sauté 3 minutes or until soft. Add the cooking liquid from step 2, milk, Monterey Jack, cream cheese, enchilada sauce, salt, pepper, cumin, and chili powder; stir well. Stir in shredded chicken; cook 2 minutes. Remove from heat.
4. Place 8 tortillas in the bottom of a 2-quart casserole dish coated with cooking spray. Spoon 2 cups chicken mixture over tortillas. Repeat layers twice, ending with chicken mixture. Sprinkle with cheddar cheese and chips. Bake at 350 degrees for 30 minutes or until thoroughly heated. Let stand for 10 minutes before serving

BEEF TACOS

Serving Size: 4 Servings

Calories: 142 kcal **Protein:** 14g

Carbohydrate: 13g **Fat:** 4g

Preparation: 15 Minutes

INGREDIENTS

- **1 TBSP** Olive Oil
- **1 pound** Ground Beef
- **2 TSP** Chili Powder
- **2 TSP** Cumin
- **½ TSP** Oregano
- **½ TSP** Garlic Powder
- **½ TSP** Salt
- **½ TSP** Black Pepper
- **2 TBSP** Tomato Paste
- **½ Cup** Water

For Serving

- **8** Corn or Flour Tortillas
- Various Toppings
 - Cheese, Lettuce, Tomatoes, Cilantro, Sour Cream

DIRECTIONS

1. Heat the olive oil in skillet over medium high heat. Add the ground beef and cook until browned, about 5-7 minutes. Drain any fat.
2. Add the chili powder, cumin, dried oregano, garlic powder, salt, pepper, tomato paste and water. Stir to combine and continue cooking over medium-low heat until the sauce has thickened, about 3-5 minutes
3. Serve warm over tortillas with lettuce, tomatoes, cheese and red onions, or your other desired toppings.



**SOUTH DAKOTA
STATE UNIVERSITY**
School of Health
and Human Sciences

SIDE DISHES

REFRIED BEANS

Serving Size: ½ Cup (13 Total Servings)

Calories: 132 kcal **Protein:** 5g

Carbohydrate: 16g **Fat:** 6g

Preparation: 20 Minutes

INGREDIENTS

- 2 TBSP canola oil
- 2 garlic cloves, peeled
- 2 (15 ounce) cans pinto beans
- 1 TSP cumin
- 1 TSP chili powder
- Salt to taste
- ½ lime, juiced

DIRECTIONS

1. Gather all ingredients.
2. Heat canola oil in a heavy skillet over medium heat.
3. Cook garlic cloves in hot oil, turning once, until brown on both sides, 4 to 5 minutes. Smash garlic cloves in the skillet with a fork.
4. Stir pinto beans, cumin, chili powder, and salt into mashed garlic and cook until beans are thoroughly heated, about 5 minutes. Stir occasionally.
5. Smash bean mixture to desired texture. Squeeze lime juice over smashed beans and stir until combined.

CILANTRO LIME RICE

Serving Size: ¾ Cup (6 Total Servings)

Calories: 230 kcal **Protein:** 4g

Carbohydrate: 43g **Fat:** 5g

Preparation: 35 Minutes

INGREDIENTS

- 2 TBSP extra virgin olive oil
- 1 1/2 cups basmati rice
- 1 clove garlic, minced
- 2 1/4 cups water
- 1 TSP salt
- Zest of one lime
- 3 TBSP lime juice
- 1 cup chopped cilantro (leaves and tender stems only)

DIRECTIONS

1. **Brown the rice**
 - a. Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with the olive oil. Cook, stirring occasionally, until the rice has started to brown.
 - b. Add the garlic and cook a minute more.
2. **Add water, salt, zest, then simmer:**
 - a. Add water, salt, and lime zest to the rice. Bring to a boil, then cover. Lower the heat to low to maintain a very low simmer.
 - b. Cook undisturbed for 15 minutes then remove from heat and let sit for 10 minutes.
 - c. Fluff the rice with a fork.
3. **Stir in lime juice and cilantro:**
 - a. Transfer the rice to a serving bowl. Pour lime juice over the rice and toss with chopped cilantro.

RECOVERY SMOOTHIE

Calories: ~475 kcal **Protein:** ~37 g

Carbohydrates: ~54g **Fat:** ~15 g

*Above Values Vary Based on Protein Powder and Milk Products



This balanced recovery smoothie provides protein for muscle repair and carbohydrates to restore energy, to keep YOU fueled

1 Scoop Protein Powder

1 Banana

1 Cup Milk

½ Cup Mixed Berries

1 TBSP Peanut

MEXICAN THREE BEAN SALAD

Serving Size: 1 Cup (9 Servings)

Calories: 171kcal **Protein:** 8g

Carbohydrate: 34g **Fiber:** 7g

Preparation: 10 Minutes

INGREDIENTS

Salad:

- 1 Can Kidney beans
- 1 Can Black beans
- 1 Can Cannellini beans
- 1 Cup chopped red onion
- 1 red bell pepper
- 1 Cup halved grape tomatoes
- 1 Cup corn
- 1 avocado
- ½ Cup chopped cilantro

Dressing:

- 2 TBSP hot sauce
- 1 TBSP olive oil
- 1 TSP honey
- 2 TBSP lime juice
- 1 TSP cumin
- ½ TSP chili powder
- Salt to taste

DIRECTIONS

1. Drain and rinse all of the beans until the water runs clear.
2. Add to a large bowl.
3. Chop the onion, bell peppers, tomatoes, and defrost the corn if necessary and add to the bowl.
4. Whisk all of the dressing ingredients together and pour on top of the salad.
5. Top with the avocado and cilantro and enjoy!

MEXICAN CHICKEN CASSAROLE

Recipe developed by: Dietetic Intern Caty Saffarinia, MS

Serving Size: 1.5 cups (Serves 6 People)

Calories: 554 kcal **Protein:** 54g

Carbohydrate: 47g **Fat:** 17g **Fiber:** 5g

INGREDIENTS

- 2 cups chicken broth
- 4 cans (4.5oz cans) chopped green chilies, divided
- 3 pounds chicken breast
- 4 TSP olive oil
- 2 cups chopped onion
- 2 TBSP cilantro
- 1 garlic clove (chopped)
- 2 cups evaporated skim milk
- 2 cups monterey jack cheese (shredded)
- ½ cup cream cheese
- 2 cans (10 oz) enchilada sauce
- 24 (6-inch) corn tortillas
- 1 cup shredded reduced-fat cheddar cheese
- 2 oz of crushed tortilla chips (about 12 chips)
- 2 TSP cumin
- 2 TSP chili powder

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine broth and 2 cans of chilies in a large skillet and bring to a boil. Add the chicken, reduce the heat, and let it simmer for about 15 minutes, turning once, until the chicken is fully cooked. Remove the chicken and save the cooking liquid. Let the chicken cool, then shred it with two forks and set it aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Add onions and 2 cans of chilies; sauté 3 minutes or until soft. Add the cooking liquid from step 2, milk, Monterey Jack, cream cheese, enchilada sauce, salt, pepper, cumin, and chili powder; stir well. Stir in shredded chicken; cook 2 minutes. Remove from heat.
4. Place 8 tortillas in the bottom of a 2-quart casserole dish coated with cooking spray. Spoon 2 cups chicken mixture over tortillas. Repeat layers twice, ending with chicken mixture. Sprinkle with cheddar cheese and chips. Bake at 350 degrees for 30 minutes or until thoroughly heated. Let stand for 10 minutes before serving



BEEF TACOS

Recipe Developed By: Feel Good Foodie, Yumna Jawad (2022)

Serving Size: 6 Servings
Calories: 142 kcal Protein: 14g
Carbohydrate: 13g Fat: 4g

INGREDIENTS

For the Beef:

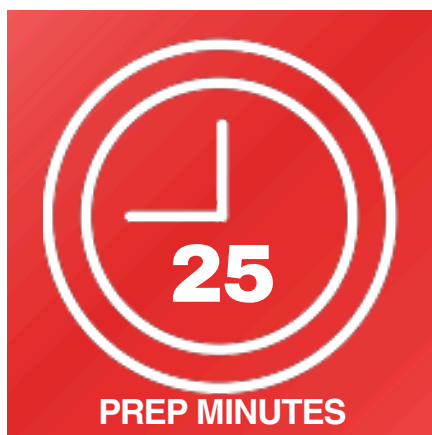
- 4 ½ TSP olive oil
- 1½ pounds ground beef
- 3 TSP chili powder (= 1 TBSP)
- 3 TSP cumin (= 1 TBSP)
- ¾ TSP oregano
- ¾ TSP garlic powder
- ¾ TSP salt
- ¾ TSP black pepper
- 3 TBSP tomato paste
- ¾ cup water

For Serving:

- 12 corn or flour tortillas
- Toppings (increase as needed):
 - Cheese
 - Lettuce
 - Tomatoes
 - Cilantro
 - Sour cream

DIRECTIONS

1. Heat the olive oil in skillet over medium high heat. Add the ground beef and cook until browned, about 5-7 minutes. Drain any fat.
2. Add the chili powder, cumin, dried oregano, garlic powder, salt, pepper, tomato paste and water. Stir to combine and continue cooking over medium-low heat until the sauce has thickened, about 3-5 minutes
3. Serve warm over tortillas with lettuce, tomatoes, cheese and red onions, or your other desired toppings.



Mexican Three Bean Salad

Recipe Developed By: Eat With Clarity, Claire Cary (2024)

Serving Size: 1 cup (Serves 12 People)

Calories: 205 kcal **Protein:** 10g

Carbohydrate: 31g **Fat:** 5g **Fiber:** 9g

INGREDIENTS

Salad:

- 2 cans kidney beans
- 2 cans black beans
- 2 cans cannellini beans
- 2 cups chopped red onion
- 2 red bell peppers
- 2 cups halved grape tomatoes
- 2 cup corn
- 2 avocado
- 1 cups chopped cilantro

Dressing:

- 1/4 cup hot sauce
- 1/8 cup olive oil
- 1 1/2 TSP honey
- 1/4 cup lime juice
- 1 1/2 TSP cumin
- 1 TSP chili powder
- Salt to taste

DIRECTIONS

1. Drain and rinse all of the beans until the water runs clear.
2. Add to a large bowl.
3. Chop the onion, bell peppers, tomatoes, and defrost the corn if necessary and add to the bowl.
4. Whisk all of the dressing ingredients together and pour on top of the salad.
5. Top with the avocado and cilantro and enjoy!



CILANTRO RICE

Recipe Developed By: Simply Recipes, Elise Bauer (2026)

Serving Size: $\frac{3}{4}$ cup (Serves 25 People)

Calories: 230 kcal **Protein:** 4g

Carbohydrate: 43g **Fat:** 5g

INGREDIENTS

- 1/2 cup extra virgin olive oil
- 6 1/4 cups basmati rice, or other long-grain white rice
- 4 clove garlic, minced
- 9 1/2 cups of water
- 1 TBSP salt
- Finely grated zest of 4 limes
- 3/4 cup lime juice
- 4 cups lightly packed chopped cilantro (leaves and tender stems only)



DIRECTIONS

1. Brown the rice. Heat the olive oil in a medium saucepan on medium high heat. Add the raw rice and stir to coat with the olive oil. Cook, stirring occasionally, until the rice has started to brown. Add the garlic and cook a minute more.
2. Add water, salt, zest, then simmer: Add water, salt, and lime zest to the rice. Bring to a rolling boil, then cover and lower the heat to low to maintain a very low simmer. Cook undisturbed for 15 minutes (check your rice package instructions), then remove from heat and let sit for 10 minutes. Fluff the rice with a fork.
3. Stir in lime juice and cilantro: Transfer the rice to a serving bowl. Pour lime juice over the rice and toss with chopped cilantro. Serve with chicken, steak, shrimp, Mexican or Asian food.

REFRIED BEANS

Recipe Developed By: All Recipes (2026)

Serving Size: ½ cup (Serves 25 People)

Calories: 132 kcal Protein: 5g

Carbohydrate: 16g Fat: 6g

INGREDIENTS

- ½ cup olive oil
- 8 garlic cloves, peeled
- 8 (15oz) cans pinto beans
- 4 teaspoon cumin
- 4 teaspoon chili powder
- salt to taste
- 2 limes, juiced



DIRECTIONS

1. Gather all ingredients.
2. Heat canola oil in a heavy skillet over medium heat.
3. Cook garlic cloves in hot oil, turning once, until brown on both sides, 4 to 5 minutes. Smash garlic cloves in the skillet with a fork.
4. Stir pinto beans, cumin, chili powder, and salt into mashed garlic and cook until beans are thoroughly heated, about 5 minutes. Stir occasionally.
5. Smash bean mixture with a potato masher to desired texture. Squeeze lime juice over smashed beans and stir until combined.
6. Enjoy!

