Get moving, play and be active!

EXERCISE FOR AN HOUR EVERY DAY!

SUPER FOODS
fuel your fun!

fruit

grains & starches

veggies

protein

dairy

Funded by Beef Farmers and Ranchers
**INGREDIENTS**

2 lbs. Ground Beef, (95% lean)  
1 medium zucchini, grated  
1 medium carrot, grated  
6 cloves garlic, minced  
1/2 cup cilantro, chopped  
1/4 cup plain bread crumbs  
1 egg, beaten  
2 Tbsp. chili powder  
2 tsp. ground cumin  
1/4 tsp. Kosher salt  
1 tsp. freshly ground black pepper  
Cooking spray  
16 whole wheat slider-size buns

**NUTRITION INFORMATION**

Based on 95% lean Ground Beef. Nutrition information per serving (1 slider with bun): 200 Calories; 50 Calories from fat; 5g Total Fat (1g Saturated Fat; 1g Monounsaturated Fat); 45mg Cholesterol; 250mg Sodium; 23g Total Carbohydrate; 2g Dietary Fiber; 18g Protein; 2mg Iron; 3mg Niacin; 0.3mg Vitamin B6; 1.4mg Vitamin B12; 3mg Zinc; 10mcg Selenium; 50mg Choline

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Zinc, and Selenium

**NOTE:** Serve with half a plate of fruits and vegetables, and a glass of milk. Serving size based on elementary-aged child.