

# SENSATIONAL SIX-LAYER DINNER

## Ingredients:

- 2 - 3 medium sliced potatoes
- 2 cups sliced carrots
- 1/4 teaspoon black pepper
- 1/2 cup sliced onion
- 1 pound browned and drained ground beef
- 1 1/2 cups green beans
- 1 can tomato-soup

## Instructions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Note: For variation, use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

Yields 6 Servings

See reverse side for nutrition information



Healthy Hearts on the Hill, a collaborative initiative of the Center for Excellence in Aging Services with Koinonia Primary Care, is a community wide initiative aimed at increasing awareness and participation in heart healthy behaviors in the West Hill community



Healthy Hearts on the Hill's

*Recipe of the Month*

*Sensational Six-Layer Dinner*

# Have You Seen the New Pyramid?



## The USDA Recommends Eating a Variety of Food and Being Physically Active:

- 3 oz. whole grains daily
- Eating dark green and orange veggies, along with dried beans
- A variety of canned, frozen or fresh fruit
- Fat from fish, nuts and vegetable oil instead of fat from butter
- Low fat or fat-free milk
- Low fat or lean meat and poultry
- Be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Learn more about the Food Pyramid at [www.pyramid.gov](http://www.pyramid.gov)

Cost:  
Per Recipe: \$5.10  
Per Serving: \$.85

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (304g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 230</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 580mg</b>	<b>24%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 9g	
<b>Protein 25g</b>	
Vitamin A 150%	Vitamin C 35%
Calcium 4%	Iron 25%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by Healthy Hearts on the Hill  
Adapted by the USDA's SNAP-Ed Connection from:  
One Dish Meals--A Family Living Program  
University of Wisconsin Cooperative Extension Service