

## “Three Fast Friday Fixins”

Green Bean Sausage, Chicken Florentine, Black Bean Soup

Becky Low

Dairy Farmers of Utah

Three dinner dishes, each have three ingredients; each take under 10 minutes to prepare. To complete the meal, serve each with a glass of milk, bread, and fruit.

### Green Bean Sausage Supper: (4 servings)

- 1 can (15 oz) green beans
- 1 can (15 oz) whole tomatoes
- 1/4 pound cooked sausage

Finely dice or scramble cooked sausage. Use potato masher or hands to crush tomatoes; combine all ingredients, bring to a boil, cover, reduce heat and simmer 3-4 minutes.

### Chicken Tortellini Florentine: (5 servings)

- 2 packages (9 oz ea) creamed chopped spinach
- 1 package (19 oz) cheese filled tortellini
- 2 Rotisserie chicken breasts

Microwave spinach according to package directions; heat tortellini according to package directions. Remove chicken from bone, remove and discard skin; dice or cut into strips; warm chicken if needed. To serve, drain tortellini and place on serving plates; arrange cooked chicken on tortellini; spoon spinach over chicken.

### Black Bean Salsa Soup: (5 servings)

- 1 can (15 oz) black beans
- 1 can (15 oz) refried beans
- 2 cups fresh salsa

Combine all ingredients; stirring occasionally, heat until hot and bubbly.

Green Bean Sausage	
<b>Nutrition Facts</b>	
Serving Size approx 1 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>16%</b>
<b>Cholesterol 20mg</b>	<b>6%</b>
<b>Sodium 880mg</b>	<b>37%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 5g	
<b>Protein 8g</b>	
Vitamin A 20%	• Vitamin C 30%
Calcium 6%	• Iron 8%
*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	

Chicken Florentine	
<b>Nutrition Facts</b>	
Serving Size 1/5	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 470</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>27%</b>
Saturated Fat 8g	<b>42%</b>
<b>Cholesterol 110mg</b>	<b>37%</b>
<b>Sodium 730mg</b>	<b>31%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 6g	
<b>Protein 37g</b>	
Vitamin A 80%	• Vitamin C 20%
Calcium 10%	• 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	

Black Bean Soup	
<b>Nutrition Facts</b>	
Serving Size approx 1 cup	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 870mg</b>	<b>36%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 10g	<b>42%</b>
Sugars 2g	
<b>Protein 9g</b>	
Vitamin A 15%	• Vitamin C 45%
Calcium 10%	• 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	