WILDEBEETS BOWL

What you need:

Wildebeets Bowl:
- 1/4 c brown rice, cooked
- 4 Tbsp. pinto beans, canned and washed
- 3 Tbsp. shredded cheese
- 2 tbsp. beets, cooked and sliced

Side:
- 1/4 c tropical fruit, canned

Preparation:

1. Cook brown rice according to directions on the package
2. Warm pinto beans on the stove
3. Place cooled brown rice, pinto beans, cheese, beets, corn, and lettuce into a bowl or storage container.
4. If desired, shake for a mixed bowl.
5. Serve with a side of canned tropical fruit

**This meal is CACFP approved if it is served with milk.

This material created for the Healthy Kids Resource Center [www.extension.unr.edu/healthykids](http://www.extension.unr.edu/healthykids)