



Peanut Butter, Smooth

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 tablespoon of peanut butter counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Peanut butter supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Spread peanut butter on whole wheat bread and add sliced fruit or jam for a quick sandwich.
- Add peanut butter to smoothies to bump up the protein!
- Spread peanut butter on celery and top with raisins for a quick snack.
- Peanut butter can be used in savory sauces and served with chicken, pork, or beef.

Storing Foods at Home

- Store unopened peanut butter in a cool, dry place.
- Store opened peanut butter tightly in its original container.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Fruit Quesadilla

Makes 10 servings

Ingredients:

3 apples, cored and diced
2 bananas, medium, peeled and diced
1 cup fresh strawberries, diced
2 teaspoons cinnamon (optional)
10 tablespoons peanut butter
10 whole wheat tortillas, 8 inch
non-stick cooking spray (optional)

Directions: Wash hands with soap and water.

1. Heat cast iron skillet over medium-high heat.
2. In large bowl, mix apple, banana, strawberries and cinnamon, if using.
3. Spread 1 tablespoon peanut butter on half of tortilla.
4. Place $\frac{3}{4}$ cup of the fruit mixture on peanut butter. Fold in half and if wanted, spray with non-stick cooking spray.
5. Toast each side in skillet until golden brown.
6. Cut into wedges and serve warm.

Recipe adapted from First Nations Development Institute

Peanut Butter Bread

Makes 12 servings

Ingredients:

non-stick cooking spray
2 $\frac{1}{4}$ cups all-purpose flour
 $\frac{1}{2}$ cup instant nonfat dry milk
 $\frac{3}{4}$ cup sugar
1 $\frac{3}{4}$ cups water
1 teaspoon vanilla
 $\frac{1}{2}$ cup peanut butter

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Spray loaf pan with non-stick cooking spray.
3. In small mixing bowl, combine flour, instant nonfat dry milk, and sugar.
4. Using a mixer, blend water, vanilla, and peanut butter.
5. Slowly blend in flour mixture with the peanut butter mixture until smooth.
6. Pour mixture in loaf pan.
7. Bake for 45 minutes.
8. Allow to cool before removing from pan.

Recipe adapted from The University of Tennessee Agricultural Extension Service