

Chili Rice Skillet



Ingredients:

- ½LB lean ground turkey
- 2 Cups Brown Rice, cooked
- ½ Cup onion, chopped
- 2 tsp chili powder
- 1 Can (14.5oz) diced tomatoes, no salt added
- ½ Cup low-fat cheddar cheese, shredded

Preparation

1. In a large skillet, cook ground meat until brown. Drain off the fat. Add onion, chili powder, and tomatoes. Simmer over low heat for 10 minutes. Stir in the rice and melt shredded cheese on top.

Makes 4 servings

Nutritional Information per serving: 200 calories, 16 grams protein, 25 grams carbohydrates, 4 grams fat, 123 milligrams sodium and 3.4 grams fiber.

Mexican Snack Pizza's

Here is a simple recipe the kids will be sure to enjoy.

Ingredients:

- 4 Whole-wheat tortillas (8 in.)
- 1 Cup tomato sauce
- 1 Cup black beans (if canned no salt added)
- 1 Cup part-skim mozzarella cheese, shredded



Preparation:

1. Preheat oven to 325 degrees.
2. Place tortillas on a cookie sheet for 10 minutes, or until crispy.
3. Remove tortillas from the oven and spread tomato sauce evenly onto each one.
4. Top with black beans and cheese, bake for 5-10 minutes, until cheese is melted.

Makes 4 Pizzas

Nutritional Information per serving: 209 calories, 13 grams protein, 26 grams carbohydrates, 7 grams fat, 481 milligrams sodium and 6 grams fiber.