

Spanish Rice II

Makes: 6 Servings

Ingredients

- 1 pound** ground turkey, 85% lean (or ground beef)
- 1 cup** chopped onion
- 1 package** taco seasoning mix
- 1 can** tomatoes and green chiles (15 ounces)
- 3 cups** cooked rice
- 1/2 cup** shredded cheese, low-fat

Directions

1. In a large skillet or pot, brown ground turkey and cook onion. When done, use paper towel to soak up any grease.
2. Add remaining ingredients except cheese and mix together.
3. Heat until very hot.
4. Top with cheese before serving.

Notes

Cheddar cheese used for nutritional analysis and costing.

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	289	
Total Fat	11 g	17%
Protein	21 g	
Carbohydrates	30 g	10%
Dietary Fiber	2 g	8%
Saturated Fat	3 g	15%
Sodium	519 mg	22%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	1 ounce
Protein Foods	1 1/2 ounces
Dairy	1/4 cup