

Recipe Idea:

Build-Your-Own Baja Bowl

INGREDIENTS

Base:

- 1 C dry white or brown rice*

Protein: pick one

- 1 lb ground turkey*
- 2.5 lb bone-in chicken legs or thighs
- 1/2 C dried, or canned beans

Other Toppings: add as many as you like!

- 1/2 of a 15 oz can of corn*
- 1 C fresh tomatoes*
or 1/2 of a 14.5 oz can diced tomatoes
- 1 avocado*



Serves 4



Allergens: check individual ingredient labels



Nutrition Facts based on * ingredients. Nutrition will vary based on ingredients used.

DIRECTIONS

If using dried beans for protein, do step 4 first.

1. Drain canned corn, canned beans (if using) and dice avocado.
2. Dice fresh tomatoes or open can of diced tomatoes.
3. Prepare rice according to package instructions.
4. Prepare protein of choice.
 - Ground turkey: Brown in skillet on stovetop.
 - Chicken thighs: Place on baking sheet and season with salt and pepper. Bake in a 400 degree F oven for 40-45 minutes.
 - Dried beans: Rinse beans, place in a pot, cover with water, and soak overnight. Drain the beans. In a pot, combine the beans with 1.5 C of water and bring to a boil. Reduce the heat, cover the pot, and simmer for 1.5 to 2 hours.
5. Divide rice evenly among four dishes.
6. Divide protein evenly among four dishes and place on top of rice.
7. Top each dish with any other toppings of choice.

Nutrition Facts	
Serving size	1 Bowl (300g)
Amount Per Serving	
Calories	450
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 230mg	10%
Total Carbohydrate 50g	18%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	