

# **BUSINESS ENTERPRISES OF NEVADA**



**A Guide to Creating  
Healthy Menu Options**



# INTRODUCTION

As the operator of a food service establishment, you are in a position to significantly improve the health of our community by increasing the public's access to healthy foods. Nationwide demand for healthy foods and beverages is at an all-time high and is only expected to increase. The Nutrition Standards Policy, developed in conjunction with Business Enterprises of Nevada (BEN) and the Southern Nevada Health District, outlines nutrition guidelines for meals served in BEN-operated cafes and cafeterias. We want your business to succeed in offering healthy food choices, and we are here to help. For further assistance with implementing the nutrition standards outlined in this guide, email us at [gethealthy@snhd.org](mailto:gethealthy@snhd.org) or call us at 702-759-1270.



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# NUTRITION STANDARDS

The Nutrition Standards Policy instructs that a minimum of four menu items at all meal service at BEN-operated dining places must meet the following criteria:

- Proteins that are lean (as defined by the USDA), unprocessed/unpreserved, and prepared with a cooking method that does not add calories, such as grilled, steamed, roasted or baked (not deep-fried)
- Grains and grain products that are 100% whole grain
- Dairy that is fat-free or low-fat and unsweetened
- Fruit that is raw or cooked and unsweetened
- Vegetables that are raw or cooked with a cooking method that does not add calories, such as grilled, steamed, roasted, or baked (not deep-fried)



The term “dining places” for the purposes of this policy refers to BEN food service establishments and are defined as non-military establishments that are equipped with a kitchen range and hood and that sell food items prepared or cooked on premises.

# HEALTHY PROTEINS

## What is a Healthy Protein?

The proteins in your healthy menu items should be lean, unprocessed/unpreserved, and prepared with a cooking method that does not add calories, such as grilled, steamed, roasted or baked (not deep-fried).

The USDA defines lean meat as having less than 10 grams of total fat, 4.5 grams or less of saturated fat and fewer than 95 milligrams of cholesterol in a 3.5-ounce portion.

Here are some examples of lean proteins that are unprocessed/unpreserved and their suggested cooking methods:

**Beef:** A sign that a cut of beef is lean is if the word “round” or “loin” is in the name. These cuts are leaner than “chuck.” Examples include top sirloin steak, strip steak (top loin steak), flank steak, tenderloin steak, rump roast, top round, and ground beef (90% lean or higher). The steak cuts can be cubed to make kabobs, sliced into strips and stir-fried with vegetables, or grilled as a steak. Trim fat and using cooking methods such as grilling or broiling. Lean ground beef can be used to make meatballs and hamburgers. Avoid processed beef products such as hotdogs and canned meat.

**Poultry:** Poultry cuts are among the leanest meats you will find. Choose skinless, white meat chicken or turkey breast cuts, or remove the skin before cooking. Broil, bake or grill these cuts. Use ground turkey for meatballs or turkey burgers, or a mix of ground turkey and lean ground beef. Avoid processed poultry products such as fried chicken fingers, and chicken or turkey sausages.

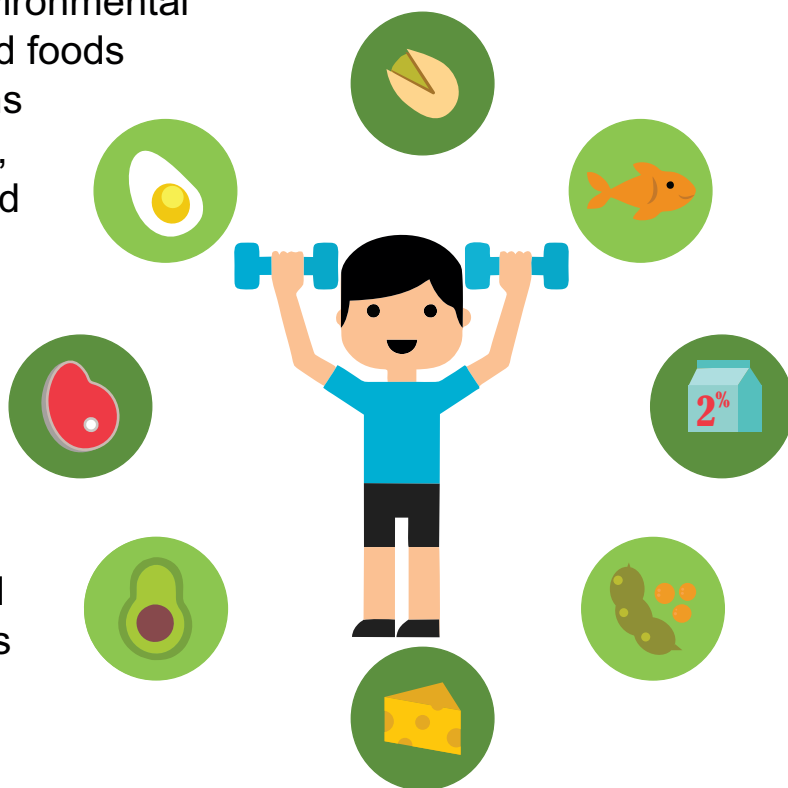
**Fish:** Varieties of fish that are low in fat include cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), and wild catfish. Swordfish, trout, and halibut are also leaner fish. Certain fish, including salmon, trout, butterfish and mackerel, are very high in fat, but this fat (omega-3 fatty acid) is considered a heart-healthy fat and can be included as part of a healthy diet. All fish should be baked, broiled, steamed or grilled, not fried.

# HEALTHY PROTEINS

**Eggs:** Eggs are a high-quality source of protein. The Dietary Guidelines of 2015 have removed a daily limit for dietary cholesterol, such as the cholesterol found in eggs. The fat in eggs comes from the egg yolk, so leaner preparations of eggs include using just the egg whites, or a mixture of whole eggs and egg whites. Eggs should be cooked with heart-healthy oils, such as canola and olive oil, and not cooked in butter, which is high in saturated fat.

**Dairy:** Dairy is high in protein and low-fat dairy products are a good source of protein and calcium. Choose dairy products that are unsweetened and are 2% reduced-fat, 1% low-fat or fat-free, such as milk, yogurt, Greek yogurt, cheese and cottage cheese. Soy, almond, rice, and other non-dairy versions of milk, cheese and yogurt have also been popular with consumers. To flavor sandwiches, try spreads that are lower in saturated fat, such as hummus and guacamole, instead of cheese slices.

**Plant-based proteins:** Non-animal proteins are gaining in popularity due to the health and environmental concerns of consumers. Plant-based foods that are high in protein include beans (black, garbanzo, kidney, lima, navy, pinto, white – rinse and drain canned beans to remove excess salt), peas (black-eyed, split peas), and nut and seed butters (almond, cashew, peanut, soy nut, sunflower seed – nut and seed butters are high in fat so use 2 tablespoons as a portion size). Serve beans and peas in soups and salads, use nut butters and hummus on sandwiches instead of animal proteins and deli meat, and try meatless burgers.



# HEALTHY FATS

## What is a Healthy Fat?

The items in your healthy menu should be low in fat or contain heart-healthy fats. Some cooking methods, such as deep-frying, add a lot of saturated fat and calories. Items should be prepared with a cooking method that does not add calories, such as grilled, steamed, roasted or baked.

**Heart-healthy fats:** Some foods are high in fat, but are still considered heart-healthy and can and should be consumed in moderation. These include avocado (high in unsaturated fats and high in fiber), nuts and nut butters (use 2 table-spoon serving size), olives (use small amounts since olives are high in sodium), and oils such as a canola, olive and peanut.

**Oils:** Avoid oils that are high in saturated fat such as coconut oil, palm oil, and any oil that is partially-hydrogenated. Partially-hydrogenated fats (trans-fat) have been found to be particularly damaging to heart health because they both increase bad cholesterol (LDL) and lower good cholesterol (HDL).

**Salad dressings:** When making your own, use heart-healthy oils as the base. If you are buying pre-made salad dressings, look for ones that use heart-healthy oils, or buy reduced-fat or fat-free versions. Some low-fat salad dressings will add sugar to compensate for removing some of the fat, so read labels carefully to avoid buying salad dressings that are high in sugar.

**Spreads:** Use reduced-fat or fat-free mayonnaise, or offer spreads that are lower in fat or contain heart-healthy fats, such as nut butters, hummus, and guacamole.

**Cooking methods:** Boiling, steaming, poaching, grilling, and stir-frying are the healthiest ways to cook foods. Deep frying foods changes the chemical composition of the frying oil, and allows much of the frying oil to enter into the food, thereby increasing the amount of fat and calories that the food contains.

# HEALTHY CARBOHYDRATES

## What is a Healthy Carbohydrate?

**Grains:** 100% whole grain bread, whole oats, whole bran, brown rice, whole wheat pasta, whole wheat tortillas, whole wheat crackers and pretzels, buckwheat, quinoa (high in protein and popular with consumers), whole wheat couscous are all examples of healthy grains. Use whole wheat bread for sandwiches and whole wheat buns for hamburgers, try whole-grain salads, such as a quinoa and farro, as side dishes.

**Vegetables:** Some vegetables, such as peas, potatoes, corn, beans and squash are naturally high in carbohydrates because they contain a lot of starch. These foods are still healthy, but should be eaten in moderation, and also prepared with a cooking method that does not add fat, such as grilling, roasting or steaming, not deep-frying. Try roasted, seasoned potatoes or baked sweet potato fries as a side dish instead of French fries.

**Fruit:** All types of fruits are high in carbohydrates, but include numerous vitamins and minerals, as well as fiber, that are essential to our health. Serve all fruit raw or cooked in a method that does not add calories. Avoid sweetened fruit and fruit cups. All canned or frozen fruit should be in its own juice with no added heavy syrups.





# SEASONAL FRUITS AND VEGETABLES

## Quality Counts!

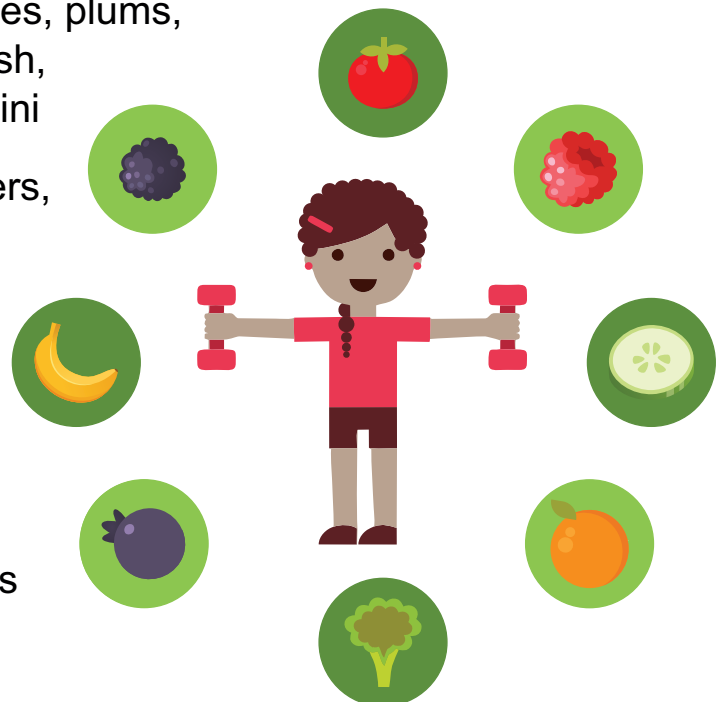
Buying fruits and vegetables that are in season ensures the best quality and best tasting products at the lowest prices. Buying fruits and vegetables out of season usually means diminished quality and higher costs. Use this list of seasonal fruits and vegetables to guide your purchasing and menu planning:

**Winter:** Apples, avocado, bananas, beets, brussels sprouts, cabbage, carrots, celery, grapefruit, kale, leeks, lemons, onions, oranges, parsnips, pears, pineapple, potatoes, pumpkins, rutabaga, sweet potatoes, turnips, winter squash, yams

**Spring:** Apples, apricots, asparagus, avocado, bananas, broccoli, cabbage, celery, collard greens, garlic, lettuce, mushrooms, onions, peas, pineapple, radishes, rhubarb, spinach, strawberries, swiss chard, turnips

**Summer:** Apples, apricots, avocado, bananas, beets, bell peppers, blackberries, blueberries, carrots, cantaloupe, celery, cherries, collard greens, corn, cucumbers, eggplant, garlic, green beans, honeydew melon, kiwifruit, lima beans, mangos, nectarines, okra, peaches, plums, raspberries, strawberries, summer squash, tomatillos, tomatoes, watermelon, zucchini

**Fall:** Apples, bananas, beets, bell peppers, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cranberries, garlic, ginger, grapes, green beans, kale, lettuce, mangos, mushrooms, onions, parsnips, peas, pears, pineapple, potatoes, pumpkins, radishes, raspberries, rutabaga, spinach, sweet potatoes, swiss chard, turnips, winter squash, yams



# IMPLEMENTATION TIPS

## Tips for Successful Implementation of Healthy Menu Items

**Manage food costs:** Pay attention to serving sizes. Serving large portion sizes reduces profit, and contributes to food waste and overeating. Use standardized recipes when possible to manage portion sizes. Use the same food product in multiple ways – this can cut down on inventory costs and reduce food waste. Practice good inventory management, especially for fruits and vegetables, which can be more expensive and more perishable than less healthy items.

**Promotion:** Highlight all healthy items on the regular menu board, or create a separate menu board of just healthy items that is placed in a high profile location, such as next to the cash register. Strategically promote healthy choices by placing them in high traffic areas. For example, place a bowl of fruit next to the cash register instead of candy or chips. Offer taste tests for healthy menu items for your usual customers to determine which healthy menu items are successful and likely to sell. Promote healthy items throughout your business with signage. Take a survey of your customers to find out which healthy items they are most likely to buy.

**Pricing:** When possible, price your healthy menu items at or below the cost of other menu items. Use healthy menu items as daily specials and offer a discounted price. Offer healthy sides, such as fruit or grilled vegetables, at no extra charge. Price bottled water \$0.25 lower than a regular soda or sugar-sweetened beverage of the same size.



# FRUIT SMOOTHIE

## Ingredients

8 ounces fat-free or 1% milk  
4 ounces low-fat plain yogurt  
4 ounces fresh or frozen strawberries  
4 ounces fresh or frozen blueberries  
Handful of ice

## Directions

Add ingredients to blender in the order listed above. Blend until smooth. Pour into cup and serve immediately with a straw. **Serves 1.**

## SHOPPING LIST

**Fat-Free or 1% Milk**

**Low-Fat Plain Yogurt**

**Fresh or Frozen Strawberries**

**Fresh or Frozen Blueberries**

**Handful of Ice**



# NON-DAIRY SMOOTHIE

## Ingredients

1 cup washed spinach or leafy greens  
1 cup water  
4 ounces fresh or frozen peaches  
1/2 ripe banana  
Handful of ice

## Directions

Add ingredients to blender in the order listed above. Blend until smooth. Pour into cup and serve immediately with a straw. **Serves 1.**

## SHOPPING LIST

Washed Spinach or Leafy Greens

1 cup Water

Fresh or Frozen Peaches

Ripe Banana

Handful of Ice



# OMELET WRAP

## Ingredients

Cooking spray

1 TBSP chopped red or green pepper

2 egg whites (or 1/2 cup liquid egg whites)

1 TBSP shredded fat-free or 1% sharp cheddar cheese

1 TBSP chunky salsa

1 whole wheat tortilla

Ground pepper

## Directions

Spray skillet with cooking spray. Add chopped peppers, cooking for 1 minute over medium heat. Take out of pan and set aside. Scramble egg whites in same skillet adding in cooked peppers. Place egg whites and peppers onto the open tortilla. Sprinkle with cheese, and spoon on the salsa just before folding over tortilla. **Serves 1.**

## SHOPPING LIST

Cooking Spray

Eggs (or Liquid Egg Whites)

Fat-Free or 1% Sharp Cheddar Cheese

Salsa

Whole Wheat Tortillas

Red or Green Peppers

Ground Pepper



# BREAKFAST IN A CUP

## Ingredients

1/2 cup fat-free or 1% plain yogurt

4 TBSP frozen berries (blend of blueberries, strawberries, raspberries),  
no sugar added

2 TBSP granola

## Directions

Place 3 TBSP berries at the bottom of a plastic soda fountain cup. Add 1/4 cup yogurt on top of the berries, then remaining berries. Top with granola. (Layering in this order prevents granola from getting soggy, allowing for advanced preparation.) Place cover on cup. **Serves 1.**

1/2 tsp pure maple syrup

1/2 tsp water

2 TBSP oats

1 TBSP crispy rice cereal

1 TBSP nuts or seeds

### TO MAKE YOUR OWN GRANOLA

- blend together syrup and water
- add oats and cereal and mix to coat
- microwave at low power for 2 minutes
- stir
- microwave for 2 more minutes
- mix in nuts or seeds and allow to cool

## SHOPPING LIST

Fat-Free or 1% Plain Yogurt (Greek Yogurt is thicker and has more protein)

Frozen Berries\* (Mixed)

Granola

Pure Maple Syrup (no added sugar), Oats, Crispy Rice Cereal, Nuts (such as slivered almonds), Seeds (sunflower)

\*Juice from the frozen berries adds natural sweetness.  
Fresh washed/cut fruit also works well.



# CUCUMBER SALAD

## Ingredients

1/2 English cucumber, washed, peeled, sliced into thin rounds  
1/8th of an onion, thinly sliced (Vidalia onion, if available)  
1 tsp fresh chopped dill  
2 TBSP white vinegar  
1 TBSP water  
Sprinkle of salt

## Directions

Place cucumber slices into a medium sized bowl. Cut onion into long thin strips and add to the bowl. In 2-cup measuring cup, add vinegar, dill, salt, and water. Mix well with a fork and pour over cucumber and onions. Cover tightly with plastic wrap and store in the refrigerator at least an hour before serving.

**Serves 1.**

## SHOPPING LIST

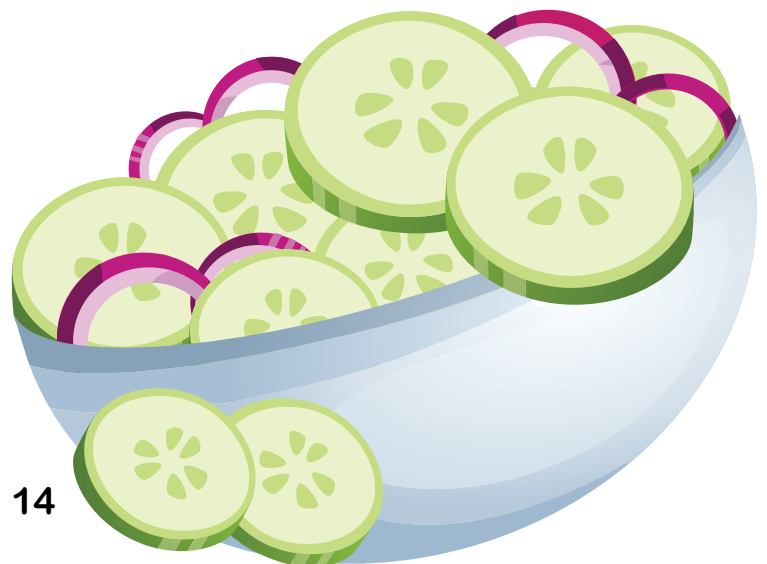
English Cucumber

Vidalia Onion

Fresh Dill

White Vinegar

Salt



# EASY BEAN SALAD

## Ingredients

1/2 TBSP olive oil  
1/2 TBSP white wine vinegar  
1/8 tsp fresh ground black pepper  
1/3 cup cannellini beans, drained/rinsed  
1/3 cup kidney beans, drained and rinsed  
1 TBSP chopped fresh flat-leaf parsley  
1 stalk celery, finely diced  
1 TBSP diced bell pepper OR 1 TBSP diced red onion

## Directions

Drain and rinse beans and place in a bowl in refrigerator to chill. Whisk oil, vinegar and pepper in medium bowl. Mix chilled beans, chopped parsley and celery and bell pepper or onion. Stir all gently until combined. **Serves 1.**

## SHOPPING LIST

Olive Oil

White Wine Vinegar

Black Pepper

Cannellini Beans

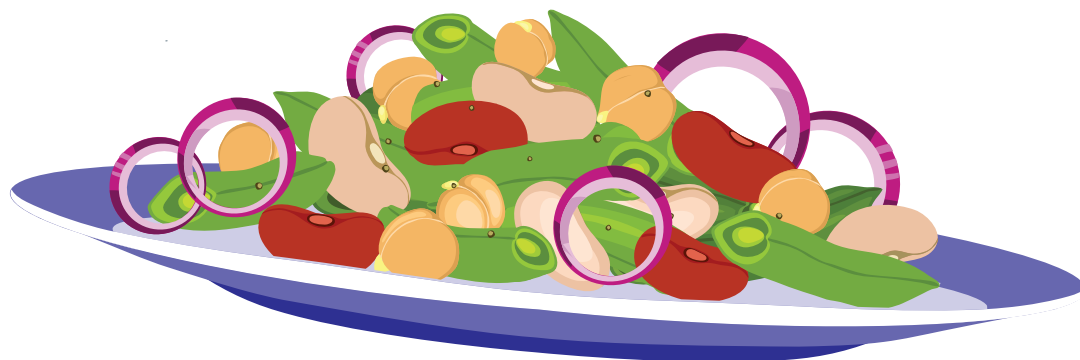
Kidney Beans

Flat Leaf Parsley

Celery

Bell Pepper (any color)

Red Onion





# ROAST BEEF SANDWICH

## Ingredients

3 ounces sliced cold roast beef  
2 thin slices fat-free or 1% Swiss cheese  
4 slices cucumber  
1 large slice of tomato  
Butter lettuce leaves  
Prepared horseradish or spicy mustard  
100% whole grain bun, split lengthwise  
Slices of carrots and celery

## Directions

Spread horseradish and mustard on bottom half of bun. Place lettuce on top. Add tomato, cucumbers, Swiss and roast beef. Top with bun. Serve with carrot and celery slices on the side. **Serves 1.**

## SHOPPING LIST

Deli Roast Beef

Carrots

Fat-Free or 1% Swiss Cheese

Celery

Cucumber

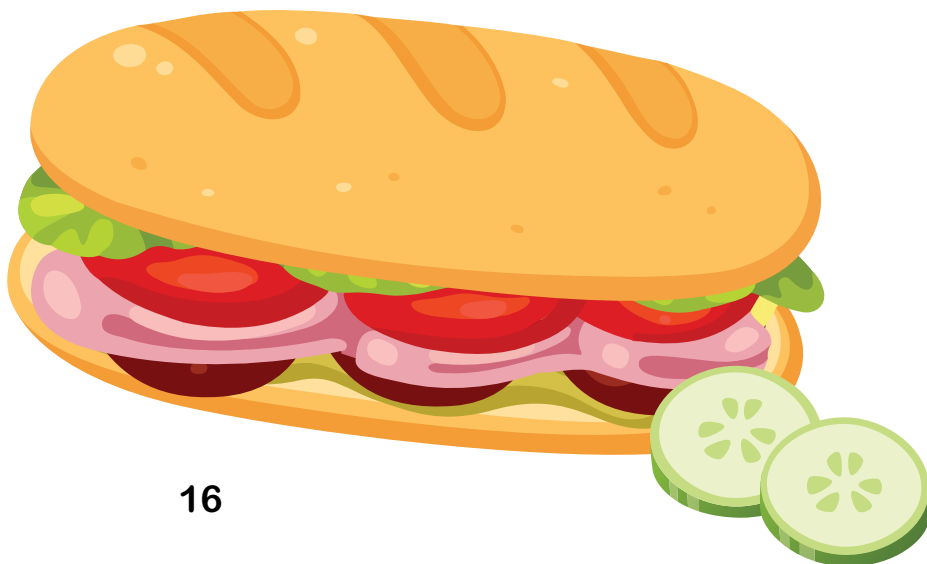
Tomato

Butter Lettuce

Prepared Horseradish

Spicy Mustard

100% Whole Grain Buns



# SOUTHWEST PITA

## Ingredients

1 diced grilled chicken breast	1/2 TBSP balsamic vinegar
1/2 cup no salt added corn kernels	1/2 TBSP olive oil
1 TBSP chunky salsa	2 TBSP minced cilantro
1 TBSP red onion, chopped	1 TBSP mashed avocado
1 cup shredded romaine lettuce	Tomato slices
1/4 cup shredded fat-free or 1% Jack cheese	1 pita pockets cut in half

## Directions

Mix all ingredients together in a bowl. Fill pita pocket halves and serve with a few baked tortilla chips. **Serves 1.**

## SHOPPING LIST

Chicken Breast

Corn (canned or frozen,  
no salt added)

Salsa

Red Onion

Romaine Lettuce

Fat-Free or 1% Jack Cheese  
(Pepper Jack for a spicier  
sandwich)

Balsamic Vinegar

Olive Oil

Fresh Cilantro

Avocado

Tomato

Pita Bread  
(Whole Wheat)



# TURKEY AND SLAW SANDWICH

## Ingredients

1 cup shredded cabbage

1/4 cup shredded carrot

1 tsp light mayonnaise

1/2 tsp white wine vinegar

A sprinkle each of: celery seed,  
garlic powder, and salt

2 slices 100% whole grain bread

3 ounces low-sodium turkey

2-3 red onion slices

## Directions

Whisk mayonnaise, vinegar and seasonings together in a medium bowl. Add shredded cabbage and carrots. Refrigerate. Toast rye bread. Slice red onion and place on one piece of the bread. Layer turkey on the onion, adding coleslaw in a pile on top of the turkey. **Serves 1.**

## SHOPPING LIST

Deli Turkey (low sodium)

Cabbage (green or red)

Carrot

Light Mayonnaise

White Wine Vinegar

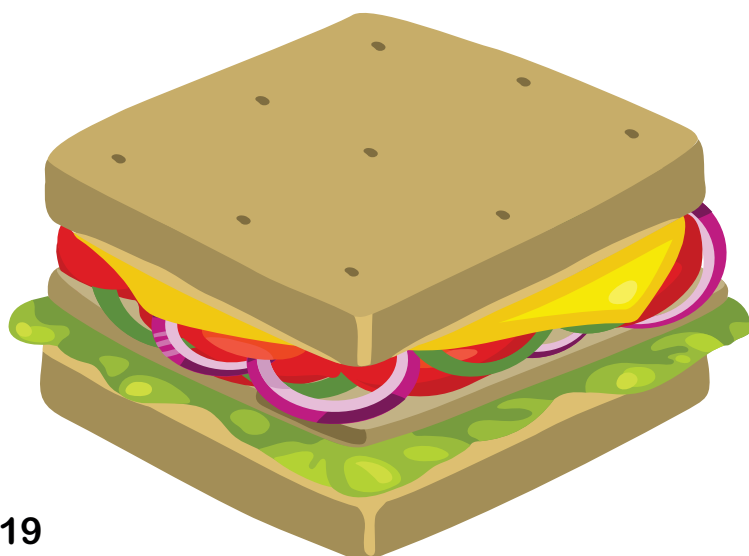
Celery Seed

Garlic Powder

Salt

100% Whole Grain Bread

Red Onion



# HEARTY HUMMUS SANDWICH

## Ingredients

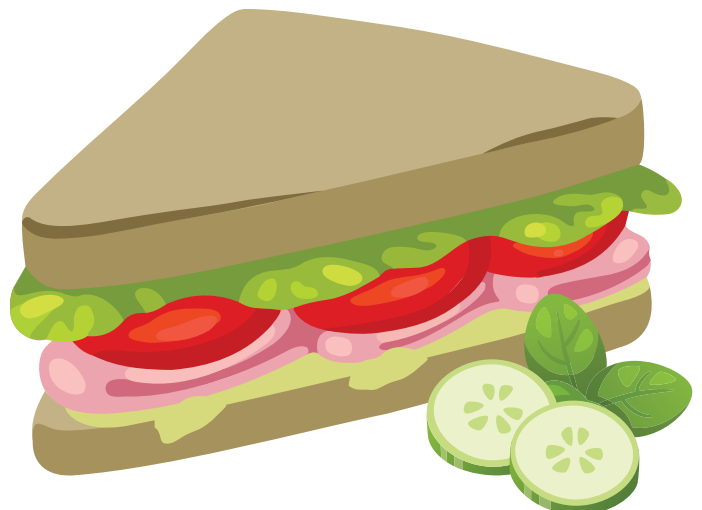
2 slices of dense, 100% whole grain sandwich bread  
2 TBSP hummus  
Handful of baby spinach leaves  
2 TBSP shredded carrot  
2 thick tomato slices  
1/8 ripe avocado, mashed or sliced  
2 thin red onion slices  
6 thin slices of cucumber

## Directions

After washing and prepping all ingredients, spread hummus on both slices of bread. Layer on spinach leaves, carrot, tomato, cucumber, onion and avocado on one slice, and then top with the other slice. Cut in half and serve. **Serves 1.**

## SHOPPING LIST

100% Whole Grain Bread  
Hummus (classic, garlic or roasted red pepper)  
Baby Spinach  
Carrot  
Tomato (Beefsteak or Brandywine)  
Avocado  
Red Onion  
Cucumber



# ZESTY TUNA SALAD

## Ingredients

2 cups chopped romaine lettuce  
2.5 ounces water-packed tuna  
1 celery stalk, diced  
2 TBSP diced cucumber  
1/2 carrot, diced  
1 TBSP plain fat-free or 1% Greek yogurt  
1 tsp lemon juice  
Dash salt-free lemon pepper  
2 TBSP white beans, drained and rinsed

## Directions

Wash and chop lettuce. Put on plate and set aside. Dice celery, cucumber and carrot. Rinse and drain tuna. Flake with fork in small bowl. Add diced vegetables and mix carefully. In separate small dish, blend yogurt, lemon juice and lemon pepper. Mix in with tuna and vegetables. Add white beans to plate with lettuce, top with tuna mixture and serve. **Serves 1.**

## SHOPPING LIST

Romaine

Water-Packed Tuna

Celery

Cucumber

Carrot

Plain fat-free or  
1% Greek Yogurt

Lemon

Lemon Pepper

Canned White Beans



# GREEK SALAD

## Ingredients

1/2 cup washed baby spinach leaves  
1/2 cup washed and cut arugula  
1/2 cup washed and cut iceberg lettuce  
5 cherry tomatoes, washed and cut  
1/4 cup seeded and sliced cucumber

3 Kalamata olives, sliced  
1/3 cup rinsed/drained garbanzo beans  
1 tsp crumbled feta cheese  
Sliced red onion  
2 TBSP Greek dressing (full recipe below)

## Directions

Toss greens in large bowl. In a small bowl, mix together the tomato, cucumber, onion, and garbanzo beans. Set aside. Pour 1 TBSP dressing over greens and 1 TBSP over vegetables; add feta, toss and serve.  
**Serves 1.**

## SHOPPING LIST

Baby Spinach  
Arugula  
Iceberg Lettuce  
Cherry Tomatoes  
Cucumber  
Kalamata Olives

Garbanzo Beans  
Feta Cheese  
Red Onion  
Olive Oil  
Red Wine Vinegar  
Lemon

Garlic  
Basil  
Salt  
Pepper

### TO MAKE YOUR OWN DRESSING

- 1/2 cup olive oil
- 5 teaspoons red wine vinegar
- 3 teaspoons lemon juice
- 3 teaspoons minced garlic
- 3 teaspoons dried basil
- 1/2 teaspoon each salt and pepper



# CHICKEN ARUGULA SALAD

## Ingredients

3 ounces grilled chicken, chopped in bite sized pieces  
2 cups washed arugula leaves  
1 tsp each: extra virgin olive oil; red wine vinegar; water;  
Dijon or spicy mustard  
Drop of honey  
2 tsp golden raisins  
3 walnuts, coarsely chopped

## Directions

In a medium bowl, whisk together oil, vinegar, water mustard and honey. Toss with washed and dried arugula leaves, raisins and walnuts. Pour onto plate and top with chicken pieces. **Serves 1.**

## SHOPPING LIST

Skinless, Boneless Chicken Breast

Fresh Arugula (or other dark, leafy salad greens)

Olive Oil (extra virgin)

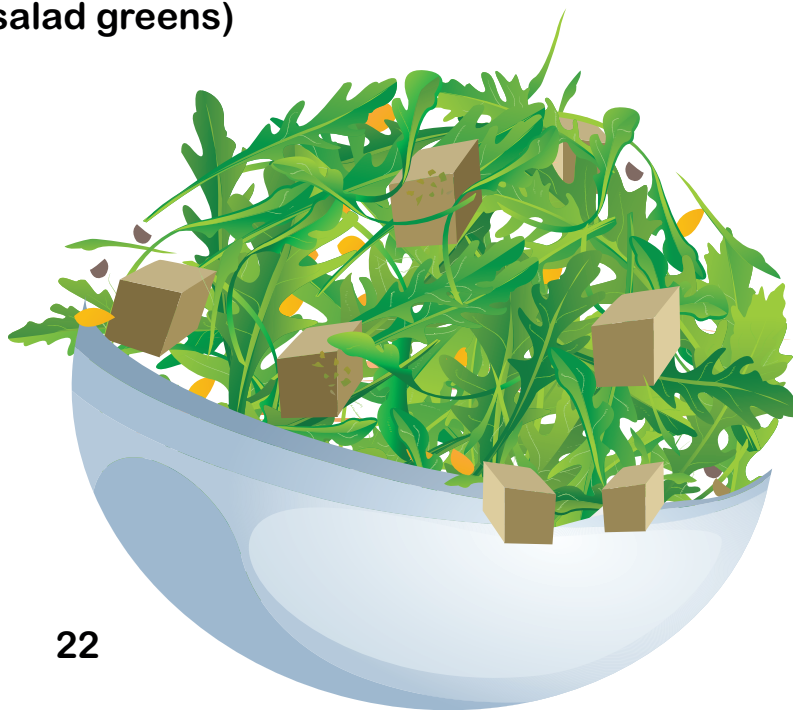
Red Wine Vinegar

Dijon or Spicy Mustard

Honey

Golden Raisins

Walnuts



# TACO SALAD

## Ingredients

1/2 cup no salt added black beans	2 tsp chopped green onions
1/4 cup no salt added canned corn	2 tsp shredded fat-free or
1/4 cup chunky salsa	1% sharp cheddar cheese
2 cups washed and shredded	2 tsp sliced black olives
Napa cabbage	10-12 baked corn tortilla chips
2 tsp low-fat sour cream	
1/8 ripe avocado, sliced	

## Directions

Lay chips on a plate, placing cabbage on top. Drain and rinse beans and corn. Mix together with green onions. Pour mixture over the cabbage, top with salsa, sour cream, cheese, olives and avocado.

**Serves 1.**

## SHOPPING LIST

Canned Black Beans

Canned Corn (no salt added)

Chunky Mild Salsa

Napa Cabbage

Avocado

Green Onions

Fat Free or 1% Sharp Cheddar Cheese

Black Olives

Baked Tortilla Chips

Sour Cream





# PORK, RICE AND VEGETABLES

## Ingredients

2 oz pineapple chunks in juice,  
drained  
1/2 TBSP rice vinegar  
1/2 TBSP low-sodium soy sauce  
1/4 TBSP cornstarch  
1/4 TBSP canola oil  
1 TBSP water  
1 cup broccoli florets

1/4 pound pork tenderloin,  
thinly sliced  
2 scallions, whites cut into  
1-inch lengths  
1/2 red bell pepper cut into  
2-inch pieces  
1/2 cup steamed brown rice

## Directions

In a small bowl, stir 1 TBSP pineapple juice, vinegar, soy sauce, cornstarch, and 1 TBSP water. In a nonstick skillet, heat oil over medium-high. Cook pork until well browned on one side, about 1 minute; transfer to a plate. Add whites of scallion and bell peppers to the hot skillet. Cook & stir about 3 minutes. Add pork, broccoli, and pineapple chunks. Pour in sauce; simmer, stirring, until broccoli is warmed through. Stir in scallion greens; serve over steamed brown rice.

**Serves 1.**

## SHOPPING LIST

Pineapple Chunks  
(in its own juice)

Rice Vinegar

Low-Sodium Soy Sauce

Cornstarch

Canola Oil

Pork Tenderloin

Scallions

Red Bell Pepper

Broccoli

Brown Rice



# TURKEY “VEGETABOWL”

## Ingredients

1/2 TBSP olive oil	1/4 tsp each paprika and ground cumin
1/4 each red and yellow bell peppers, sliced	1/4 cup no salt added black beans, drained/rinsed
1/4 red onion, sliced	1/4 cup no salt added corn, drained/rinsed
1/4 pound extra lean ground turkey	1 TBSP sliced black olives
1/2 tsp chili powder	1 TBSP light sour cream
1/4 chopped ripe tomato	
Lime wedge	
1/2 cup steamed brown rice	

## Directions

Heat oil in a skillet over medium-high heat. Add peppers and onions. Stir and soften vegetables. Remove from pan, set aside. Add ground turkey to hot skillet. Add chili powder, paprika and cumin and stir, cooking until meat has browned and cooked through. Stir in tomatoes. Simmer for about 3 minutes. Remove from heat. Place cooked rice in a bowl. Top with beans, corn, cooked vegetables, turkey, olives and sour cream. Garnish with lime wedge. **Serves 1.**

## SHOPPING LIST

Olive Oil

Bell Peppers

Red Onion

Chili Powder

Paprika

Ground Cumin

Black Beans

Black Olives

Light Sour Cream

Lime

Tomato

Cooked Brown Rice

Corn (canned or frozen, no salt added)

Extra Lean Ground Turkey