



Fiesta Rice Skillet Dinner

Created by Susan Anglin, Triple A Farms

Add some heat and spice to your winter meal plan with this quick and easy dish using leftover turkey and rice. Packing a decent dose of fiber, iron and calcium, this dinner is sure to become a family favorite all year round.

Serves: 6

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients:

- 1 tablespoon canola oil
- ½ cup diced onion
- 2 ½ cups cooked turkey, chopped (or 1 pound lean ground turkey, raw*)
- 2 cups cooked brown rice
- 1 (15 ounce) can black beans, drained, rinsed
- 1 (15 ounce) can diced tomatoes with green chilies, drained
- 1 cup frozen sweet corn kernels
- 1 cup mild picante sauce
- 1 teaspoon chili powder
- 1 cup shredded Monterey Jack cheese

Preparation:

In a large skillet over medium-high heat, add oil and cook onion until soft (about 10 minutes.) Add turkey, rice, beans, tomatoes, corn, picante sauce and chili powder. Stir to mix well. Heat thoroughly. Remove from heat and sprinkle with cheese. Serve hot.

*If using raw ground turkey, cook with the onion until browned. Drain excess fat while keeping in the skillet.

Nutritional Facts:

Nutritional Facts Per Serving

Calories:	392
Total Fat:	15g
Saturated Fat:	6g
Cholesterol:	76mg
Sodium:	654mg
Carbohydrates:	40g
Dietary Fiber:	8g
Protein:	25g
Calcium	20% Daily Value

Cost/recipe:

\$12.83

Cost/serving:

\$2.14

**BANK
ON THE
BASICS**

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