

Zippy Turkey and Rice

1 cup uncooked brown rice

1 lb. lean ground turkey

1 large onion, chopped

1 can (jar is better) 14-1/2 oz. diced tomatoes with mild green chilies, undrained

2/3 cup picante sauce

2 tsp. chili powder

2 tsp. ground cumin

1 can (16 oz.) kidney beans, rinsed and drained

1 cup (4 oz.) shredded reduced-fat cheddar cheese, divided

1. Cook rice according to package directions.
2. Meanwhile, in a large nonstick skillet, cook turkey and onion over medium heat until meat is no longer pink; drain.
3. Stir in the tomatoes, picante sauce, chili powder, and cumin; heat through.
4. Remove from the heat, stir in kidney beans, 1/2 cup cheese and cooked rice.
5. Transfer to a 13 x 9 inch baking dish coated with cooking spray.
6. Cover and bake at 350° for 30 minutes.
7. Uncover; sprinkle with remaining cheese. Bake 5 to 10 minutes longer or until cheese is melted.

Nutritional facts –

Serving size = 1-1/4 cup

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| • 294 calories | • 35 g carbohydrate |
| • 9 g fat (3 g saturated fat) | • 5 g fiber |
| • 55 mg cholesterol | • 20 g protein |
| • 593 mg sodium | |