Grab ‘n’ Go Dinner for Tonight

Caribbean Black Beans and Rice
Serves: 6

Ingredients	Aisle #
3 cups hot cooked instant brown rice	Aisle 2
2 tsp olive oil	Aisle 5
1/2 lb (8 oz) lean ground turkey	Meat Dept
1 cup chopped onion	Produce
2 garlic cloves, minced	Produce
1/2 tsp cayenne pepper	Aisle 5
1 (14 oz) bag frozen bell pepper strips (red, yellow, and green)	Frozen Veggies
1 (15 oz) can reduced-sodium black beans	Aisle 3
1/2 cup orange juice	Refrigerated Juice
1/4 cup lemon juice	Aisle 4
1/4 cup chopped fresh cilantro	Produce
1 cup canned pineapple tidbits, packed in juice, drained	Aisle 3

1. Cook quick-cooking brown rice according to package directions; keep warm.
2. Place black beans and frozen bell pepper strips in a colander; rinse for 1 minute under running lukewarm water. Drain well; set aside.
3. Heat oil in large nonstick skillet. Cook ground turkey, garlic, onion and cayenne pepper together over medium-high heat until turkey is browned and onions are softened.
4. Add drained peppers, beans, orange juice, and lemon juice to the pan; stir until it comes to a boil. Add pineapple tidbits and cilantro to the pan, and stir until heated through.
5. Serve over cooked rice.

Caribbean Black Beans and Rice
Servings Per Meal (6)

Amount Per Serving	
Calories 267	**Calories from fat 60**
	% Daily Value*
Total Fat 6.7g	10%
Saturated Fat 1.5g	7.5%
Polyunsaturated Fat 1.6g	
Monounsaturated Fat 2.9g	
Cholesterol 60mg	20%
Sodium 200mg	8%
Total Carbohydrate 42g	14%
Dietary Fiber 7g	28%
Sugars 7.5g	
Protein 26g	

Vitamin A 68% • **Vitamin C** 70%
Calcium 35% • **Iron** 13%

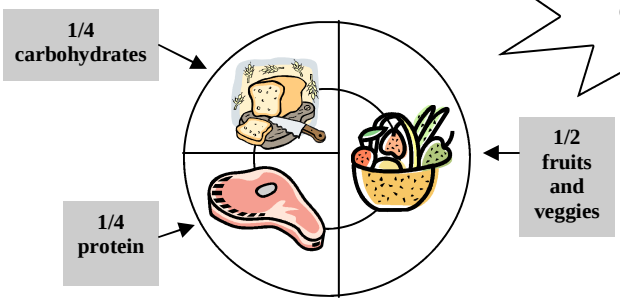
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A Healthy Plate
Includes carbohydrates, protein, fruits and vegetables

Create a healthy plate by adding a green salad



Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.20

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.