



Southwestern Broccoli & Sweet Potato “Rice”

Servings

4

Calories

160

Prep Time

10 minutes

Total Time

35 minutes

Skill Level

Medium

Ingredients

- 1 cup Mann's Broccoli & Sweet Potato “Rice” Blend
- 1 (7 ounce) package Fresh Leaf Farms Better Romaine
- 1 large red bell pepper
- 2 tablespoon olive oil
- 2 teaspoon chili powder
- 1 teaspoon cumin powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika
- 1 teaspoon salt
- ½ pound ground turkey
- 1 tablespoon cilantro, chopped



The Method

Remove ribs and seeds from the pepper; cut lengthwise into strips. Set aside.

In a nonstick sauté pan on medium-high heat, add 1 tablespoon of the olive oil and brown the ground turkey for 1-2 minutes, making sure to break it apart as its cooking. Add the spices and salt and continue to cook and break up the pieces until fully cooked through. Approximately 3-5 more minutes. Add Broccoli & Sweet Potato “Rice” Blend, and sauté in the same pan for 2-3 minutes.

Check seasoning and add more salt and pepper if needed.



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In a separate sauté pan on medium-high heat, add 1 tablespoon of the olive oil and sliced peppers; season with salt, stirring occasionally until peppers are tender, about 10 minutes.

In a medium bowl mix the ground turkey, peppers, and chopped cilantro. Spoon into Better Romaine leaves and serve.

Nutrition Facts

Serving Size: 196g | Servings: 4

Amount Per Serving

Calories 160 | Total Fat 10g (sat 1g trans 0g) | Cholesterol 15mg | Sodium 680mg | Total Carbohydrate 12g | Dietary Fiber 5g
Sugars 4g (Includes 0g Added Sugars) | Protein 8g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 10%