



Fiesta Casserole

SERVING: 1 SQUARE
YIELD: 8

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1 cup Instant Brown Rice, uncooked
- 1 cup Water
- Non-stick Cooking Spray
- 1/2 pound Lean Ground Beef, cooked
- 1 tsp Cumin
- 1 tsp Chili Powder
- 1/2 tsp Black Pepper
- 1/2 medium Yellow Onion, chopped
- 1 Green Bell Pepper, chopped
- 1/2 tbsp Garlic, minced
- 1 can (10 oz) Mild Enchilada Sauce
- 1 can (14.5 oz) Diced Tomatoes, drained & rinsed
- 1 can (15.25 oz) Corn, no salt added, drained & rinsed
- 1 can (15 oz) Black Beans, no salt added, drained & rinsed
- 1/4 cup Fresh Cilantro, chopped
- 1 cup Plain Non-fat Greek Yogurt
- 1 cup Shredded Fiesta Blend Cheese, divided

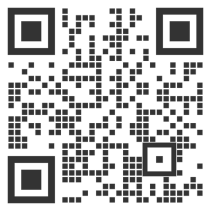
Directions

1. Preheat oven to 400°F. Lightly coat square glass baking dish with cooking spray.
2. Using a small pot, prepare rice according to package directions. Set aside.
3. Heat a large skillet over medium-high. Add beef, cumin, chili powder, and black pepper and cook 8-10 minutes or until cooked through, crumbling meat throughout. Add onions, bell pepper, and minced garlic.
4. In the large skillet with beef, turn off heat. Add enchilada sauce, tomatoes, corn, beans, cilantro, cooked rice, egg and 1/2 cup cheese. Mix well.
5. Spread mixture evenly in baking dish. Top with remaining 1/2 cup cheese. Bake 15 minutes or until bubbly & cheese has melted.
6. Cut into 8 squares & serve immediately.

Nutrition Facts	
8 servings per container	
Serving size 1 Square (0.0g)	
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 380mg	17%
Total Carbohydrate 40g	15%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 2.4mg	15%
Potassium 370mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
onieproject.org

*Cost information includes
lower cost ingredients found at
local grocery store 10/3/22.



Cost Per Recipe	Cost Per Serving
\$11.54	\$1.44

IMPROVING **HYPERTENSION**



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Chronically high blood pressure, or hypertension, can cause serious damage to your blood vessels and internal organs. Hypertension does not have any symptoms, often making it difficult for an individual to know his/her body is being threatened. It is important to consult with your healthcare provider.

Age and ethnicity may play a role in your chances of developing hypertension. However, it is important for everyone to know that by controlling your diet and lifestyle, you will be able to reduce your risk for developing hypertension!

The following are some great tips and tricks to help keep you on the path to reduce your risk of developing hypertension, or to improve your current blood pressure.

- Eat a more healthful diet
 - Reduce salt intake
 - Reduce fat intake
 - Enjoy more fresh fruits
 - Enjoy more fresh vegetables
 - Choose lean cuts of protein
- Enjoy regular physical activity
 - At least 150 minutes of moderate physical activity OR at least 75 minutes of vigorous activity a week
- Visit your doctor for routine checkups
- Maintain a healthy weight
- Manage stress
- Avoid tobacco smoke
- Comply with medication prescriptions
- Limit alcohol intake
- Monitor your blood pressure. Review the following chart to get a better idea of what your blood pressure indicates.

**For more information, contact
your Oklahoma City Indian
Clinic's HPDP Registered
Dietitian**