

Not-So-Dirty Rice

Enjoy this lighter version of a New Orleans staple that can be served as a hearty side dish or eaten alone as a balanced meal.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 bag	Frozen Seasoning Blend (10 oz bag such as Pict Sweet Farms)
1 Tbsp	All Purpose Flour
½ cup	Chicken or Beef Stock or Broth, homemade or no salt added
1 lb	Ground Turkey, 97% lean
2 Tbsp	Salt-Free Creole Seasoning (see Chef's Notes)
½ tsp	Kosher Salt
2 Tbsp	Worcestershire Sauce
12 oz	Frozen Cauliflower Rice (1 bag), microwaved according to the package directions
10 oz	Frozen White Rice (1 bag), microwaved according to the package directions

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large nonstick skillet over medium heat and once hot, add the olive oil and then the frozen seasoning blend. Sauté until translucent and slightly browned, about 4-5 minutes.
3. Add the flour to the vegetable mixture and mix to combine until vegetables are well coated and flour absorbs the excess moisture.
4. Add the stock or broth and continue stirring until the browned bits on the bottom of the pan are scraped up and incorporated into the mixture. Continue to sauté until broth has slightly thickened, about 1-2 minutes.
5. Add the ground turkey and cook until browned and no pink remains, about 5-6 minutes.
6. Add the creole seasoning, salt, Worcestershire sauce, microwaved cauliflower rice, and white rice. Sauté for an additional 1-2 minutes until evenly combined. Serve and enjoy!



CHEF'S NOTES

Add extra veggies like zucchini, spinach, or peas for an extra boost of vitamins and minerals. This recipe is a great source of potassium, a mineral necessary for good heart health!

Salt-Free Creole Seasoning:

2 Tbsp	Smoked Paprika
2 Tbsp	Garlic Powder
2 Tbsp	Oregano, dried
1 Tbsp	Onion Powder
1 Tbsp	Basil, dried
1 Tbsp	Black Pepper, ground
1 ½ tsp	Thyme, dried
½ tsp	Cayenne, ground

Nutrition Facts

6 servings per container

Serving size 1 cup (0.0g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 340mg 15%

Total Carbohydrate 25g 9%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes <1g Added Sugars 1%

Protein 18g 36%

Vitamin D 0.3mcg 2%

Calcium 160mg 15%

Iron 2.3mg 15%

Potassium 1650mg 35%

* 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.

