

Healthy Eating Tips with Modern Louisiana Style Red Beans and Rice



These Meal Kits Are Great Sources of:



Protein meets 14% of your daily intake!

There are many different ways to add even more protein! Do this by adding cooked ground chicken, cooked ground turkey, chickpeas, tofu, or beans.



Fiber meets 22% of your daily intake!

There are many different ways to add even more fiber! Do this by adding cooked sweet potatoes, tomatoes, red onion, red peppers, or green peppers.



Healthy Fat meets 2% of your daily intake!

There are many different ways to add even more healthy fat! Do this by adding avocado, low-fat cheese, or plain Greek yogurt.



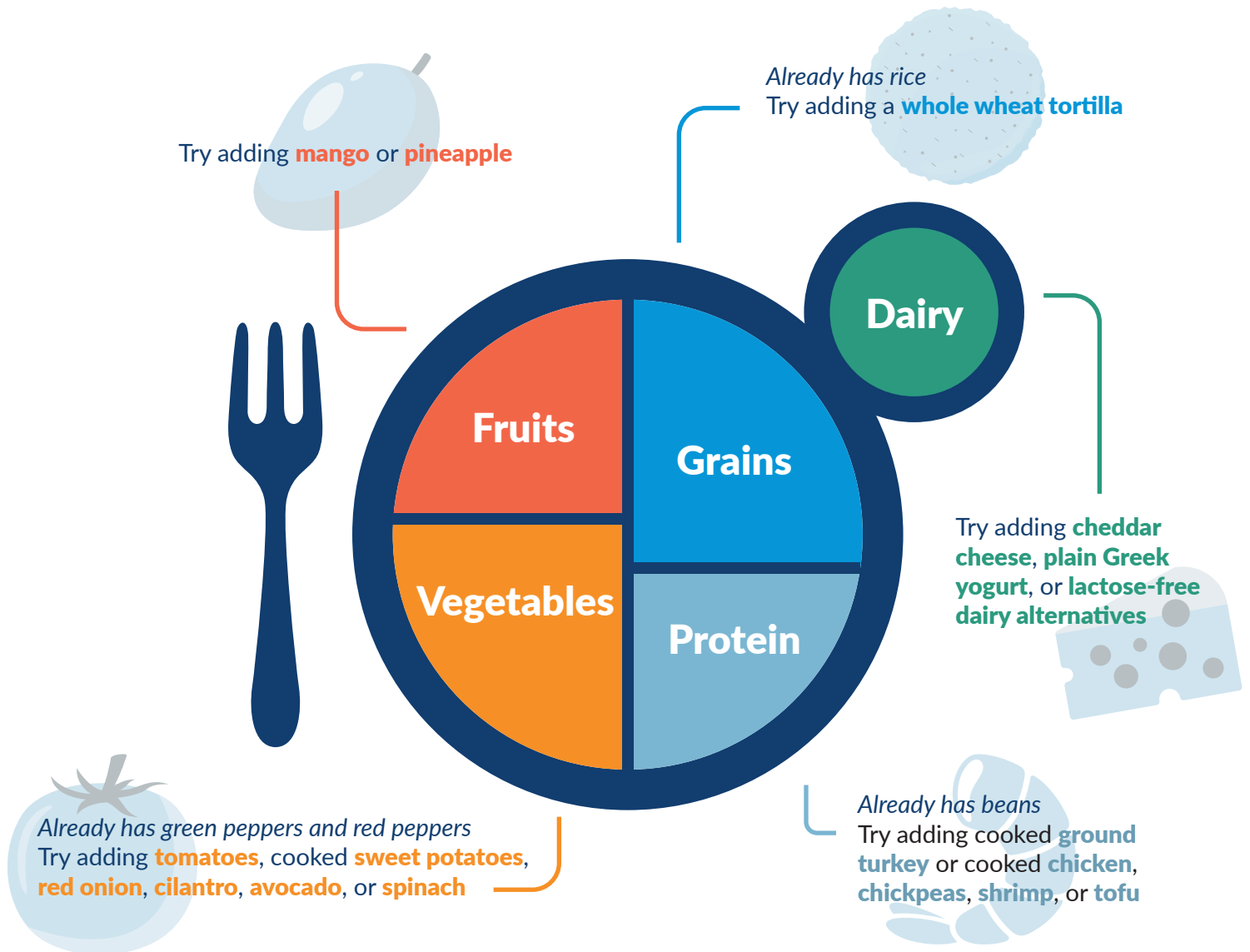
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INNOVATION FOR A HEALTHIER PLANET



Make It a MyPlate Meal

Try to include every food group!



Meal Tips:

- Start with half a packet of seasoning and add more to reach your preferred spice level
- Add plain Greek yogurt to reduce the spice and add a creamy texture