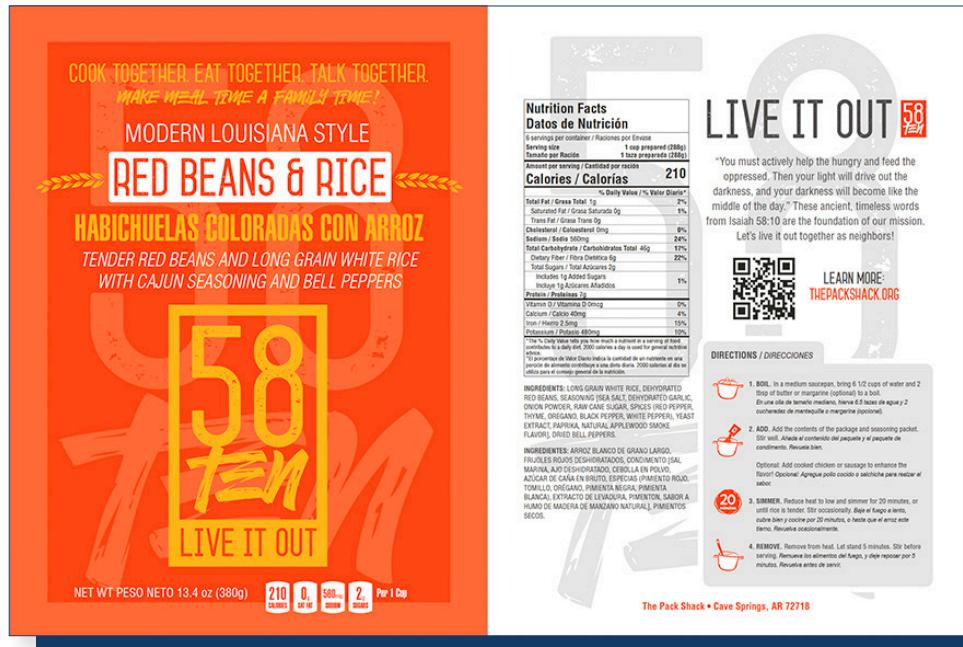


# Healthy Eating Tips with Modern Louisiana Style Red Beans and Rice



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.

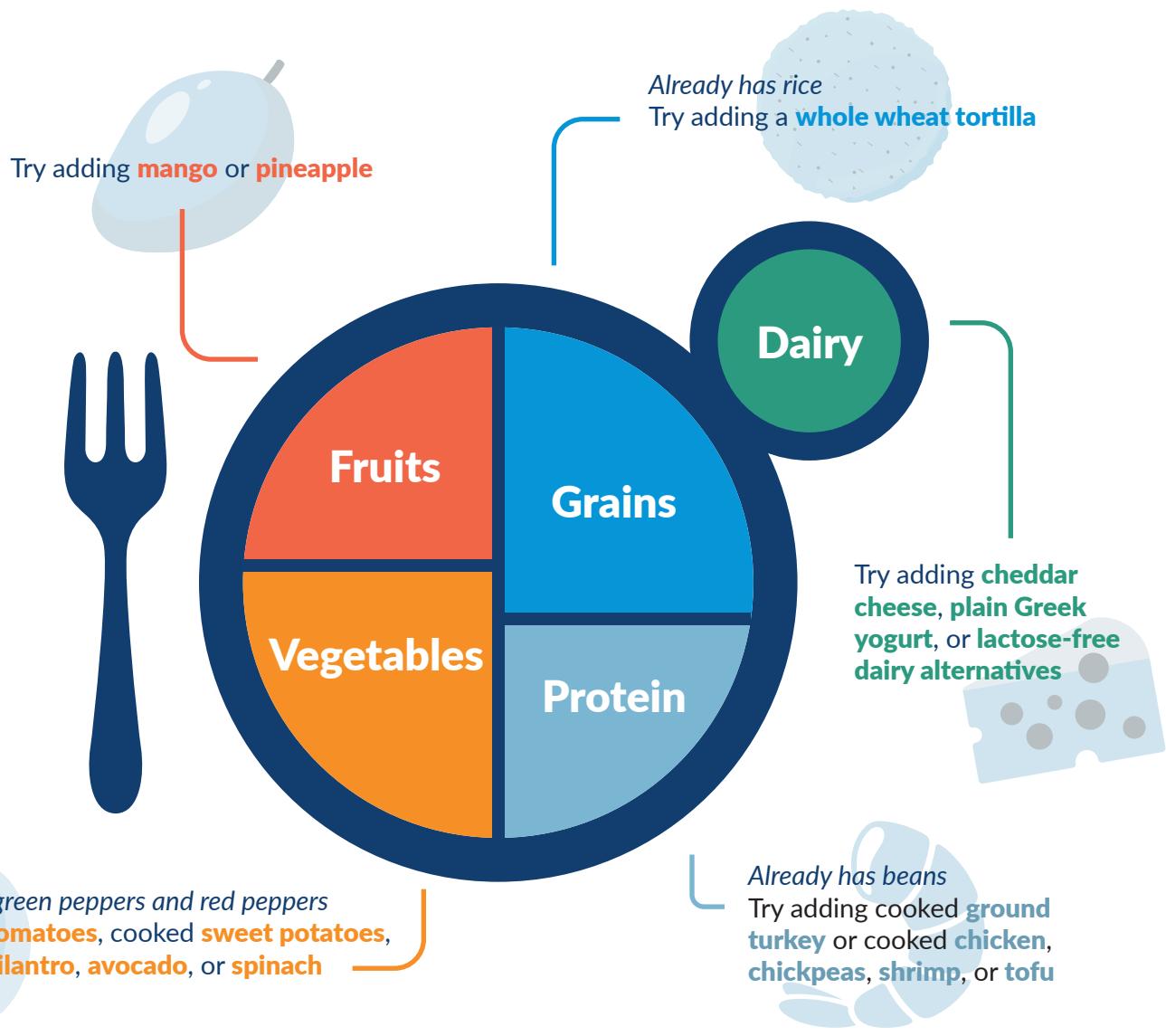


## Healthy Fat meets 2% of your daily intake!

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

# 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



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