

Healthy Mexican Casserole

Yield: 7 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-porkchops-healthy-recipe>

Ingredients:

- 1 pound lean ground turkey
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder 1/8 tsp if you don't like it too spicy
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon coriander
- 15 ounces black beans organic, rinsed thoroughly and drained
- 15 ounces pinto beans organic, rinsed thoroughly and drained
- 5 plum tomatoes chopped and seeds removed
- 1 teaspoon chili peppers chopped, add more or like to your taste
- 1/2 cup frozen corn
- 1/4 cup reduced fat Mexican blend cheese
- 1/4 cup chopped fresh cilantro for topping optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 50 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 340 milligrams
9. Sugar: 2 grams

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