



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Simplify During the Holidays

Although 2020 is anything but typical, it's still helpful to plan for quick meals during the holiday season. Having easy meals to prepare can help fight cooking fatigue and reduce holiday stress. Finding options that are full of flavor while still including healthier ingredients isn't always easy.

Plan a menu by picking a couple of key items that are on sale and then search for recipes using those items. Pairing some pantry or freezer staples and seasonings that you have on hand with foods on sale, makes for a cost-effective and simple weeknight meal solution.

This burrito bowl recipe was found on the Shadybrook Farms website and adapted to include some items on sale.

Grab the ingredients and try this one out!

It's like pushing the **EASY BUTTON** on planning a mid-week dinner!

It's a simple solution for lunch if you have leftovers also.



## Turkey Burrito Bowl

### Ingredients:

- 1 package 99% Lean Ground Turkey
- 1/2 cup plain Greek yogurt
- 1-2 tsps. Sriracha sauce (optional)
- 1 Tbsp. lime juice, freshly squeezed
- 2 Tbsps. water
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/4 tsp. garlic powder
- Salt and freshly ground black pepper, to taste
- 2 cups warm cooked rice, white or brown
- 1 can (15-oz.) black beans, drained, rinsed and warmed
- 1 can (15.25-oz) whole kernel corn, drained and warmed
- 3/4 cup fresh salsa



### Directions:

1. In a small bowl, whisk together yogurt, Sriracha sauce, lime juice and water, then set aside.
2. Heat a large, non-stick skillet over medium-high heat. Add ground turkey, chili powder, garlic powder and cumin to skillet. Cook and stir to crumble until meat is cooked to 165° F, about 6 minutes. Season to taste with salt and pepper.
3. Divide warm rice into four bowls. Top with turkey, black beans, corn, and salsa. Drizzle with yogurt sauce. Garnish with cilantro, if desired.

Recipe adapted from [Shadybrookfarms.com/recipes](http://Shadybrookfarms.com/recipes)