

COMMENTS:

1 See FOOD NOTE, page 73, for info on no-salt-added beans.

2 See COMMENTS #2, page 42, for low-salt salsa info.

3 Surprisingly, chili powder contains sodium (26mg per teaspoon). Look for no-salt-added brands (see RESOURCES, page 272, for more info).

4 There are several unsalted spicy seasonings that are used for cajun or barbecue rubs that may be used. Also, if your market has a Hispanic section, check the dried spices in bags for a no-salt taco seasoning.

5 Look for Mexican oregano in the Hispanic section of the supermarket. It's flavor is more pungent than regular oregano.

6 Omitting the olives reduces the sodium to 153mg per serving.

EASY FIESTA CASSEROLE

Sodium Per Serving – 171mg

Serves 6

This yummy casserole is made with ingredients I always have on hand.

½ pound ground lean turkey or beef	⅛ teaspoon ground black pepper
½ sweet onion, chopped	2 cups crushed low-salt tortilla chips (about 3 ounces)
1 (15-ounce) no-salt-added black or kidney beans, rinsed and drained¹	1 cup lowfat sour cream
1 cup low-salt tomato-based salsa²	2 tablespoons (about 9 small) chopped ripe olives (optional)⁶
¼ teaspoon no-salt-added chili powder³	1 (4-ounce) can diced green chiles
¼ teaspoon garlic powder	1 (15-ounce) can no-salt-added whole corn, drained
¼ teaspoon no-salt-added taco or spicy seasoning⁴	1–2 tomatoes, chopped
⅛ teaspoon ground cumin	4 ounces no-salt-added Swiss cheese, shredded (about 1 cup)
⅛ teaspoon dried oregano⁵	2 ounces lowfat Cheddar cheese, shredded (about ½ cup)

▶ Preheat oven to 350°F (180°C). Coat a large rectangular baking dish with nonstick cooking spray.

▶ In a skillet over medium heat; cook meat 4 to 5 minutes, stirring frequently and breaking up into small chunks. Add onion, beans, salsa, chili powder, garlic powder, taco seasoning, cumin, oregano, and black pepper; reduce heat to medium-low and cover. Cook, stirring occasionally, until meat is no longer pink, 5 to 10 minutes.

▶ Spread crushed tortilla chips over bottom of prepared baking dish, layer turkey mixture on top, followed by sour cream, green chiles, corn, olives, tomatoes, and shredded cheeses. Cover with foil and bake for 20 to 30 minutes, until cheese is bubbly and lightly browned. Serve with additional salsa.

NUTRITIONAL INFO PER SERVING: Calories 280, Fat 12g (Saturated Fat 6g), Cholesterol 37mg, Carbohydrates 25g (Fiber 6g, Sugar 5g), Sodium 171mg

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

½ lb ground turkey - 130mg
½ sweet onion - 6mg
15 oz NSA black beans - 45mg
1 c LS salsa - 320mg
¼ t NSA chili powder - 6mg
3 oz LS tortilla chips - 126mg
1 c LF sour cream - 136mg
2 T ripe olives - 146mg
4 oz green chiles - 100mg
15 oz NSA corn - 30mg
1 tomato - 6mg
4 oz NSA Swiss cheese - 40mg
2 oz LF Cheddar cheese - 280mg

Fat (Sat Fat):

1 lb ground turkey - 2mg (0mg)
3 oz LS tortilla chips - 18mg (3mg)
1 c LF sour cream - 27mg (16mg)
2 T ripe olives - 2mg (0mg)
15 oz NSA corn - 3mg (0mg)
4 oz NSA Swiss - 32mg (20mg)
2 oz LF Cheddar - 12mg (8mg)