



MENU:

- **Fiesta Tacos ***
- **Pico de Gallo ***
- Corn Tortillas (soft or chips)
- Jicama Slaw
- Sopapillas
- Apple wedges with caramel dip
- Lemon-lime soda with fresh lime slices

Autumn is here, and for many people, that means sports! Friends may huddle around the big screen, or maybe you pack the car to head to the school game. Either way, meals and snacks can still meet your nutrition goals. Feel confident that cooking without added salt will always put YOU on the winning team! Tackle the season with these Tex-Mex-style recipes:

Fiesta Tacos *

1 pound of lean ground turkey (or other lean meat)
1 onion, medium, chopped
3 cloves of garlic, minced
3 tablespoons of chili powder (check label to be sure salt is not added)
1 teaspoon cumin powder
Corn tortillas (soft tortilla or unsalted tortilla chips)

Brown meat. Drain. Add onion, garlic, cumin and chili powder and stir with 1/4 of cup water. Simmer for about 30 minutes or until thick. Serve on soft corn tortillas or with tortilla chips. Top with a little sour cream and some Pico de Gallo*. Makes 4 servings. Each serving has about 3 ounces of cooked meat.

Pico de Gallo *

1 onion, medium, chopped
1 green onion, chopped
1 red bell pepper, medium, chopped
1 Roma tomato, chopped
1/2 (or more) fresh jalapeño, seeded, chopped
1/2 teaspoon garlic, minced
1/8 teaspoon black pepper
Fresh lime (optional)

Mix and refrigerate for 30 minutes. Add juice from 1/2 fresh lime before serving.

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