ONE POT MEAL:
TURKEY CHILI

1 pound ground turkey
1 can (14 ounces) mexican-style diced tomatoes
1 can (15 ounces) black beans, rinsed and drained
1 can (14 ounces) whole-kernel sweet corn, drained
1 package (1 1/2 ounces) dried chili mix
1 tablespoon ground flaxseed
1/4 cup water
1 cup cooked rice

(recipe makes 4 6oz portions)

Directions
In a large nonstick skillet over medium-high heat, brown the turkey. Add everything else but the rice, and cook over low heat for 10 minutes. Serve over rice.

Nutritional facts per serving
Calories: 456
Fat: 14 g
Saturated Fat: 2.8 g
Cholesterol: 82.1 Mg
Sodium: 1434.2 Mg
Carbohydrates: 47.5 g
Total Sugars: 3.8 g
Dietary Fiber: 9.3 g
Protein: 33 g