



HEALTHY HAPPENS HERE IS AN INITIATIVE OF THE CONSORTIUM FOR A HEALTHIER MIAMI DADE. THESE MEALS WERE ANALYZED AND MODIFIED BY A REGISTERED/LICENSED DIETITIAN. THESE MEALS ARE 500 CALORIES OR LESS AND LOWER IN SODIUM. FOR MORE INFORMATION ABOUT THIS INITIATIVE VISIT WWW.HEALTHYMIAMIDADE.ORG

500 CALORIES MENU

HUEVOS REVUELTOS (BREAKFAST)

SCRAMBLED EGG WHITES WITH TURKEY, ONIONS, TOMATO AND SPINACH SERVED WITH FRESH FRUIT.

380 CALORIES, 470 MG OF SODIUM

CEVICHE DE CORVINA

SEA BASS, LEMON JUICE, ONION, SWEET POTATO AND CORN ON THE COB

480 CALORIES, 370 MG OF SODIUM

PUPUSA DE QUESO Y ZUCCHINI CON ENSALADA DE REPOLLO

TWO SALVADORIAN CORN TORITLLAS STUFFED WITH CHEESE AND SHREDDED ZUCCHINI SERVED WITH A SIDE OF COLESLAW SALAD

500 CALORIES, 120 MG OF SODIUM

ESPECIAL ATLACATL

CHICKEN BREAST, FLANK STEAK, JUMBO SHRIMP WITH SALSITA CHIMOL SERVED WITH SIMMERED YUCCA AND GRILLED VEGETABLES

440 CALORIES, 190 MG OF SODIUM

SALMON WITH SALSA DE LA CASA

5 OZ. GRILLED SALMON SERVED WITH CORN ON THE COB AND GRILLED VEGGIES, OR BAKED POTATO WITH SIDE SALAD

500 CALORIES, 190 MG OF SODIUM

GRILLED CHICKEN WITH SALSA DE LA CASA

4 OZ. GRILLED CHICKEN BREAST SERVED WITH CORN ON THE COB AND GRILLED VEGETABLES OR BAKED POTATO WITH A SIDE SALAD

500 CALORIES, 140 MG OF SODIUM