



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

Menu

Chana Masala

Chickpeas with spice flavor curry sauce served with basmati rice.

500 calories, 430 mg of sodium

Tandoori Fish

Fish marinated in indian spices, cooked in tandoor served with basmati rice.

350 calories, 125 mg of sodium

Seekh Kebab

Minced lamb meat blended with special spices and herbs, cooked in tandoor, served with basmati rice and Ayesha's mint sauce.

410 calories, 340 mg of sodium