



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

Hummus and Pita

Chickpeas and Tahina Spread serve with homemade pita bread.

460 calories, 500 mg of sodium

Spinach Sambousek & Fattoush

Baked Lebanese-style pie, filled with spinach and feta cheese mixture, drizzled with tahini sauce.

460 calories, 330 mg of sodium

Falafel & Fattoush

Baked chickpea and herb croquette served with tahina sauce and a side of fattoush salad.

470 calories, 510 mg of sodium

Shawarma Dajaj (Chicken)

Roasted thin slice of marinated chicken with garlic sauce, sumac onion and tomato wrapped in a homemade whole wheat flatbread.

500 calories, 530 mg of sodium