



CAFÉ TROPICAL

CUBAN CUISINE & BAKERY



HEALTHY HAPPENS HERE IS AN INITIATIVE OF THE CONSORTIUM FOR A HEALTHIER MIAMI DADE TO HELP MIAMI DADE COUNTY RESIDENTS INCREASE ACCESS TO HEALTHIER FOODS AND BEVERAGES. THESE MEALS WERE ANALYZED AND MODIFIED BY REGISTERED DIETITIANS. THESE MEALS ARE 500 CALORIES OR LESS, AND LOWER IN SODIUM THAN THE ORIGINAL RECIPE. FOR MORE INFORMATION ABOUT THIS INITIATIVE VISIT WWW.HEALTHYMIAMIDADE.ORG.

**TURKEY PICADILLO WITH SWEET
POTATO MASH AND SAUTÉED GARLIC SPINACH
440 CALORIES AND 290 MG SODIUM**



**BROILED DIJON TILAPIA WITH SWEET
POTATO MASHED AND GREEN BEAN TOSS
500 CALORIES AND 415 MG SODIUM**



**ROASTED PORK CHOPS WITH
BROWN RICE AND GREEN BEAN TOSS
490 CALORIES AND 450 MG SODIUM**



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MIAMI GARDEN, FL. 33014