

TURKEY TACOS



INGREDIENTS Serves: 8 | Serving Size: 2 tacos



carrot

4 oz. or 1 medium



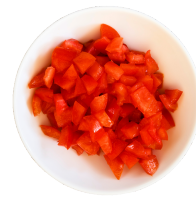
zucchini

1 lb. or 1 large



**low sodium
pinto beans**

1 - 15 oz. can
drain/rinse



**no salt added
diced tomatoes**

1 - 14.5 oz can



**lean ground
turkey**

1 lb.



**chili
powder**

1 tablespoon



**garlic
powder**

1 teaspoon



**dried
oregano**

1 teaspoon



**taco
shells**

16 shells

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INSTRUCTIONS

1. PREP VEGGIES



Rinse and grate carrot and zucchini (do not peel zucchini). In a colander, drain and rinse beans.

2. COOK TURKEY



Brown turkey on medium-high heat in a large skillet.

3. ADD INGREDIENTS TO SKILLET



Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, and oregano. Stir well.

4. COOK FOR 20 MINUTES



Reduce heat to medium. Cook until thickened, about 20 minutes.

5. MAKE TACOS!



Add 2 tablespoons cooked meat mixture to each taco shell. Add your favorite toppings & enjoy!

CHEF NOTES

- Season with salt and pepper.
- Top tacos with any of your favorite veggies, hot sauce, salsa, shredded cheese, low-fat sour cream, or low-fat plain Greek yogurt.
- Use any type of cooked beans.
- Make soft tacos using corn or whole wheat tortillas.
- Serve with whole grain tortilla chips or over lettuce.
- For more heat, add minced hot peppers to sauce in step 3.

NUTRITION INFORMATION

Calories: 272	Total Carbohydrate: 38g	Protein: 21g
Total Fat: 7g	Dietary Fiber: 9g	Sodium: 369mg

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