**TURKEY TACOS**

**INGREDIENTS:**
- 1 medium carrot, small sweet potato, or small zucchini
- ¼ medium head lettuce (optional)
- 2 large tomatoes (optional)
- 4 ounces low-fat cheddar cheese, grated
- 1 (15½-ounce) can low-sodium pinto beans
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 (15½-ounce) can diced tomatoes
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 16 taco shells or tortillas

**SERVES:** 8, 2 tacos per serving

*Recipe from Share Our Strength’s Cooking Matters.*

**MATERIALS:**
- Cutting board
- Box grater
- Large skillet
- Can opener
- Measuring spoons
- Veggie peeler
- Colander
- Sharp knife

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DIRECTIONS:

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. If using, rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. In a colander, drain and rinse beans.
5. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
6. Reduce heat to medium. Cook until thickened, about 20 minutes.
7. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

Notes:

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- Use any type of cooked beans you like. For more heat, add minced hot peppers to sauce in step 6.
- Make soft tacos using corn or whole wheat tortillas. Or, serve over brown rice or Cornbread.