



## TURKEY TACOS

### **MATERIALS:**

Cutting board  
Box grater  
Large skillet  
Can opener  
Measuring spoons  
Veggie peeler  
Colander  
Sharp knife

### **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.

Find more recipes online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

# 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.
4. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
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.