



Turkey Tacos

Serves 8, 2 tacos per serving

Ingredients

- 1 medium carrot, small sweet potato, or small zucchini
- ¼ medium head lettuce
- 2 large tomatoes
- 4 ounces low-fat cheddar cheese
- 1 (15½-ounce) can low-sodium pinto beans
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 (15½-ounce) can chopped or crushed tomatoes, no salt added
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 16 taco shells

Instructions

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. 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.



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