

SPICY TURKEY TACOS

Sourced from Walk Georgia

TOTAL PREP TIME: 5 | COOK TIME: 15 MINUTES
SERVINGS: 8 | SERVING SIZE: 1/8 RECIPE

NUTRITION FACTS

217 calories
Total Fat: 13g
Saturated Fat: ?g
Carbohydrates: 11g
Fiber: 2g
Protein: 15g
Sodium: 205mg
Cholesterol: 60mg

INGREDIENTS

- 1 pound ground turkey
- 1 (8oz) can tomato sauce
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 8 taco shells, hard or soft
- 4oz shredded cheese
- 1 cup shredded lettuce
- 1/4 cup taco sauce

DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Brown ground turkey in large skillet and drain off grease.
3. Add tomato sauce, chili powder, cumin, oregano and garlic.
4. Simmer 5 minutes. Spoon turkey mixture into taco shells.
5. Top with shredded cheese, lettuce and taco sauce.

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NUTRITION AND RECIPE TIPS

- Ground turkey is a white meat substitute for red meat ground beef. Limiting red meat to less than 12 to 18 ounces per week can reduce cancer risk.
- Choose 93% or 99% lean ground turkey to get less saturated fat and reduce heart disease risk.
- Go meatless: use two cans of drained black or pinto beans or a package of vegetarian soy crumbles instead of ground turkey.
- Not ready for a meatless meal, but want more fiber? Add one can of drained beans as you brown the ground turkey.
- Want to add sour cream to your dish? Try adding non-fat/low-fat plain yogurt or Greek yogurt instead. The taste is just as tangy and delicious!
- Ground turkey is: high in **protein**: helps you feel fuller longer.