

# Turkey Tacos

Total Time: 45 m



## INGREDIENTS:

- 1 medium carrot, grated
- 1/4 medium head iceberg lettuce, shredded
- 2 large tomatoes, cored, seeded and diced
- 2 cups low-fat cheddar cheese, grated
- 1 can (15½ ounce) low-sodium pinto beans, drained and rinsed
- Non-stick cooking spray
- 1 pound lean ground turkey
- 1 can (15½ ounce) chopped or crushed tomatoes, no salt added
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 16 taco shells

## EQUIPMENT NEEDED:

- Box grater
- Can opener
- Large pan
- Colander
- Measuring spoons
- Small bowl
- Knife
- Cutting board
- Vegetable peeler

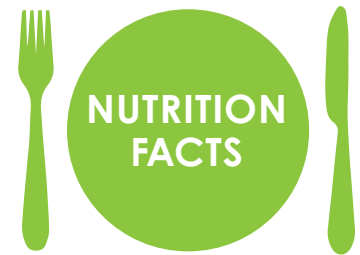
## DIRECTIONS:

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Rinse and dry all vegetables/lettuce.
2. Peel and grate the carrot and squeeze dry.
3. Shred the lettuce.
4. Core and remove the seeds, then dice the tomato.
5. Grate cheese or measure 2 cups of shredded cheddar cheese.
6. Drain and rinse pinto beans.
7. Open the can of tomatoes.
8. Spray pan lightly with non-stick cooking spray. Heat over medium-high heat. Add turkey and brown.
9. Add carrots, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and pepper to browned turkey. Stir well.
10. Reduce heat to medium. Cook until thickened, about 20 minutes.
11. Add 2 Tablespoons cooked mixture to each taco shell. Top each with 1 Tablespoon grated cheddar cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.
12. Refrigerate leftovers within 2 hours.

## NOTES:

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream or low-fat plain yogurt.
- You can substitute any other cooked bean for the pinto beans.
- You can substitute soft corn or whole wheat tortillas for the hard tacos.



**Serving size** 343g  
**Calories** 630

**Amount per serving**  
**Nutrition** % Daily Value\*

<b>Total Fat</b> 27g	<b>35%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 1560mg	<b>68%</b>
<b>Total Carbohydrate</b> 67g	<b>24%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 10g	
Includes 2g Added Sugars	<b>4%</b>

**Protein** 34g

Vitamin D 0mcg	0%
Calcium 534mg	40%
Iron 6mg	35%
Potassium 898mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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