

# Turkey Tacos

**Makes:** 8 Servings(2 tacos each)

## Ingredients

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

## Directions

1. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
2. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
3. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
4. Reduce heat to medium. Cook until thickened, about 20 minutes.
5. In a separate skillet, warm the tortillas on medium heat.
6. Add 2 Tablespoons cooked meat mixture to each corn tortilla. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

**Total Cost:** \$2.18

**Serving Cost:** \$0.27

**Source:** [cookingmatters.org](http://cookingmatters.org)



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2 Tacos (280g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	<b>0%</b>
Calcium 85mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 526mg	<b>10%</b>

\*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.

