

Turkey Tacos from the Dietitian

Ingredients:

- 2 tablespoons olive oil
- 1 cup diced yellow onion
- 1 lb ground turkey
- Homemade taco seasoning
- 10 whole wheat tortillas
- ½ head shredded iceberg lettuce, for garnish
- 1 medium avocado, for garnish
- 6 oz reduced fat ShopRite Four Cheese Mexican Blend, for garnish
- Nonfat Greek yogurt, for garnish
- 16 oz ShopRite Kitchen Salsa, for garnish

1. Heat olive oil in a large saute pan. Add diced onions. Then, add ground turkey and break up in pan until meat is cooked through.
2. Stir in homemade taco seasoning. Let seasoning cook for 1 minute. Add water to simmer. Stir occasionally until liquid clings onto turkey.
3. Remove turkey from pan and place it on tortillas. Disperse lettuce, avocado, cheese, Greek yogurt, and salsa across tacos tortillas.

Homemade Taco Seasoning

Ingredients:

- 2 Tbs. chili powder
- 2 tsp. ground cumin
- 1 ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp dried oregano
- ¼ tsp paprika
- 1 tsp sea salt
- ¼ tsp cayenne pepper

1. Mix all ingredients together.

Recipe adapted from: <http://therealfoodrds.com/easyrecipe-print/6479-0/>



<https://pioneerwoman.files.wordpress.com>

