

TERRIFIC TURKEY TACOS

Makes 6 Servings

Preparation: 5 minutes , Cook Time: 10 minutes

Yield: 6 tacos

Foods 1

In class recipes

From MyPlate

1 tablespoon vegetable oil (not needed if using a non-stick skillet**)**
1 pound ground turkey
2 teaspoons chili powder
2 1/2 teaspoons paprika
1/2 teaspoon sea salt
1/2 teaspoon ground cumin
1/2 teaspoon oregano
1/4 teaspoon black pepper
pinch cayenne pepper if desired- this is spicy!
1/3 cup water
6 whole-wheat soft tortillas
garnish: shredded low-fat colby jack cheese, romaine lettuce, diced tomatoes, and avocado

In a large sauté pan, warm the oil if needed over moderate heat.

Add the turkey and cook for 5 minutes, breaking up with a wooden spoon until crumbly.

In a small bowl, mix all of the seasonings and 1/3 cup water.

.Add to the turkey and simmer for 10 minutes, or until the turkey is cooked through.

Warm tortillas in microwave.

Serve with turkey and all of the garnishes.

Roll up and enjoy!