

Turkey Tacos

Ingredients

Serves 2

- 1 cup Rice
- 1 cup Beans
- 1 cup Ground turkey
- 1 packet Taco seasoning
- 1/8 cup Lettuce
- 1/8 cup Tomato
- ¼ cups cooked onion
- 2 tbps black olives
- 1 tbsp Yogurt cilantro lime
- 1/8 avocado
- 1 tbsp Salsa
- 3 Flour tortillas
- 1 tbsp Cilantro
- 3 tbsp cheese



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Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 588	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 81 mg	27 %
Sodium 948 mg	39 %
Potassium 546 mg	16 %
Total Carbohydrate 75 g	25 %
Dietary Fiber 9 g	34 %
Sugars 15 g	
Protein 35 g	69 %
Vitamin A	15 %
Vitamin C	21 %
Calcium	8 %
Iron	17 %

Directions

Step 1: Prepare rice in microwave or stove top, directions on back of label.

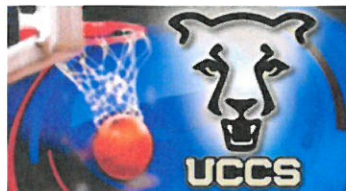
Step 2: In medium skillet, brown ground turkey over medium heat for 8 to 10 minutes or until beef is thoroughly cooked, stirring frequently. Drain and then add seasonings. In another skillet, caramelize onions on medium heat for about 10 minutes.

Step 3: Prepare lettuce, tomato, black olives, avocados, salsa and cilantro. Chop into pieces that will fit well into a taco.

Step 4: Add cilantro to yogurt and heat up flour tortillas in microwave or oven if you wish.

Step 5: To assemble tacos, layer turkey, cheese, lettuce and tomatoes in each taco shell. Serve with salsa; top with cilantro yogurt.

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