

# Turkey Tacos

Recipe by: Chef John Haddock

Serves: 8; 2 tacos per serving

Prep time: 20 minutes – Cooking Time: 25 minutes



## Ingredients:

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

## Materials:

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Sharp knife
- Vegetable peeler

## Directions:

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

## Chef's Notes:

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- Use any type of cooked beans you like.
- Make soft tacos using corn or whole wheat tortillas. Or, serve over brown rice or Confetti Pepper Cornbread.
- For more heat, add minced hot peppers to sauce in step 6.

## Nutrition Facts

Serving Size 2 tacos  
Servings Per Recipe 8

Amount Per Serving

**Calories** 330    **Calories from Fat** 110

% Daily Value\*

**Total Fat** 12g    **15%**

Saturated Fat 4g    **20%**

Trans Fat 0g

**Cholesterol** 45mg    **15%**

**Sodium** 500mg    **22%**

**Total Carbohydrate** 35g    **13%**

Dietary Fiber 8g    **29%**

Sugars 4g

**Protein** 21g

Vitamin A 60%    • Vitamin C 15%

Calcium 10%    • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

❄️ Available Frozen

🥫 Available Canned

This chart shows peak growing season for the general United States.  
The peak season in your region may be longer or shorter.

| Fruit or Vegetable   |      | Jan.  | Feb.   | Mar.  | Apr.   | May | Jun.   | Jul. | Aug.  | Sep.  | Oct. | Nov. | Dec.  |
|----------------------|------|---|--|---|--|-----|--|------|---|---|------|------|---|
| Apples               | 🥫    |   |  |   |  |     |  |      |   |    |      |      |   |
| Beets                | ❄️ 🥫 |   |  |   |  |     |  |      |  |   |      |      |   |
| Bell peppers         | ❄️ 🥫 |   |  |   |  |     |    |      |   |   |      |      |   |
| Blueberries          | ❄️   |   |  |   |  |     |    |      |   |   |      |      |   |
| Broccoli             | ❄️ 🥫 |   |  |    |  |     |  |      |   |    |      |      |   |
| Cabbage              | 🥫    |   |  |    |  |     |  |      |   |   |      |      |   |
| Carrots              | ❄️ 🥫 |   |  |   |  |     |  |      |   |    |      |      |   |
| Cauliflower          | ❄️   |   |  |   |  |     |  |      |   |    |      |      |   |
| Cherries             | ❄️ 🥫 |   |  |   |  |     |    |      |   |   |      |      |   |
| Collard greens       | ❄️ 🥫 |    |  |   |  |     |  |      |   |   |      |      |    |
| Corn                 | ❄️ 🥫 |   |  |   |  |     |    |      |   |   |      |      |   |
| Cucumbers            |      |   |  |   |  |     |    |      |   |   |      |      |   |
| Eggplants            |      |   |  |   |  |     |    |      |   |   |      |      |   |
| Garlic               |      |   |  |   |  |     |    |      |   |   |      |      |   |
| Grapefruit           | 🥫    |   |  |   |  |     |  |      |   |   |      |      |   |
| Grapes               |      |   |  |   |  |     |  |      |   |   |      |      |   |
| Lettuce/Salad greens |      |   |  |   |  |     |  |      |   |   |      |      |   |
| Kiwi                 |      |  |  |   |  |     |  |      |   |   |      |      |  |
| Melons               |      |   |  |   |  |     |  |      |   |   |      |      |   |
| Mushrooms            | ❄️ 🥫 |  |  |   |  |     |  |      |   |   |      |      |   |
| Onions               | ❄️   |  |  |   |  |     |  |      |   |   |      |      |  |
| Oranges              | 🥫    |  |  |   |  |     |  |      |   |   |      |      |  |
| Parsnips             |      |   |  |   |  |     |  |      |   |  |      |      |   |
| Peaches              | ❄️ 🥫 |   |  |   |  |     |  |      |   |   |      |      |   |
| Pears                | 🥫    |  |  |   |  |     |  |      |   |  |      |      |   |
| Plums                |      |   |  |   |  |     |  |      |   |   |      |      |   |
| Potatoes             | 🥫    |  |  |   |  |     |  |      |   |   |      |      |  |
| Raspberries          | ❄️   |   |  |   |  |     |  |      |   |   |      |      |   |
| Spinach              | ❄️ 🥫 |   |  |  |  |     |  |      |   |   |      |      |   |
| Strawberries         | ❄️   |   |  |   |  |     |  |      |   |   |      |      |   |
| Summer squash        |      |   |  |   |  |     |  |      |   |   |      |      |   |
| Sweet potatoes       | 🥫    |  |  |   |  |     |  |      |   |  |      |      |   |
| Tomatoes             | 🥫    |   |  |   |  |     |  |      |   |   |      |      |   |
| Turnips              |      |  |  |   |  |     |  |      |   |  |      |      |   |
| Winter squash        | ❄️   |  |  |   |  |     |  |      |   |  |      |      |   |

To learn more, visit: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) and [http://snap.nal.usda.gov/foodstamp/nutrition\\_seasons.php](http://snap.nal.usda.gov/foodstamp/nutrition_seasons.php).