# **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

# **Nutrition Facts**

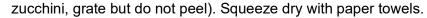
Serving Size 2 tacos

Amount Per Servin	)
Calories 330	Calories from Fat 110
	% Daily Value*
Total Fat 12g	15%
Saturated Fa	t 4g <b>20</b> %
Trans Fat 0g	
Cholesterol 45	mg <b>15</b> %
Sodium 500mg	22%
Total Carbohy	drate 35g 13%
Dietary Fibe	8g <b>29</b> %
Sugars 4g	
Protein 21g	
Vitamin A 60%	Vitamin C 15%
Vitallilli A 60%	• Vitamin C 15%
Calcium 10%	<ul> <li>Iron 15%</li> </ul>

calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### **Directions:**

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using



- 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.





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											The sur			
Beets	*										+ 1000			
Bell peppers	*									<b>(</b>				
Blueberries	*									Tal				
Broccoli	*						All co				****	4		
Cabbage						X								
Carrots	*													
Cauliflower	*												为包	
Cherries	*								Cr.					
Collard greens	*				1									
Corn	*													
Cucumbers									1	多				
Eggplants														
Garlic										1		THE REAL PROPERTY OF THE PROPE		
Grapefruit														2/5
Grapes														
Lettuce/Salad	gree	ens			SA	1			JAGA		3	TIG		
Kiwi			00% 11	Marie .										Miller
Melons														
Mushrooms	*		THE Y	12	Y				10	M		N-A		
Onions	*						113							111
Oranges														
Parsnips											the the state of	Mx!	Marin.	
Peaches	*									adi				
Pears														
Plums														
Potatoes														
Raspberries	*													
Spinach	*						M							
Strawberries	*					i e		The same of the sa						
Summer squas	h													
Sweet potatoes	S			*							. 4			
Tomatoes								100						
Turnips														
Winter squash	*			7							1 de	W		YA!

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