



Turkey Tacos

Yield: 6 Servings

Cost Per Serving: \$1.17

Cook Time: 20 minutes

Ingredients:

- 2 tsp olive oil
- 1 garlic clove (minced)
- ½ cup red onion (diced)
- 1lb. ground turkey (90% lean)
- 6 corn tortillas (6 inch)
- 6 Tbsp nonfat Greek yogurt (plain)
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- ½ tsp smoked paprika
- 2 Tbsp Water

Directions:

1. In a large skillet, heat the olive oil over medium high heat.
2. Add the onion to the skillet and cook for 2 minutes.
3. Add the turkey and cook until the meat is browned, and the vegetables are cooked through, about 5-7 minutes. Add the garlic and cumin and cook for 30 seconds.
4. Lower the heat and add the chili powder, paprika and water. Mix thoroughly.
5. Fill each tortilla with ½ cup of the turkey mixture. Add yogurt, avocado and salsa to taste.

Recipe adapted from: The American Diabetes Association

*Based on Walmart prices 05/22