

Turkey Tacos

Serves 8

- 8 taco shells, hard or soft (flour)
- 1 pound ground turkey
- 1 (8-ounce) can tomato sauce
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon oregano
- ¼ teaspoon garlic powder
- 4 ounce shredded cheese
- 1 cup shredded lettuce
- ¼ cup taco sauce or salsa

1. Brown ground turkey and drain off grease. Add tomato sauce, chili powder, cumin, oregano and garlic powder.

2. Simmer 5 minutes. Spoon beef mixture into hard or soft taco shells.

3. Top with shredded cheese, lettuce and taco sauce.

Nutrition information: calories 265, total fat 15g, sodium 415mg

Recipe from University of Georgia Cooperative Extension

“My family wouldn't eat ground turkey because they didn't like the flavor. If I mix it with spices like taco seasoning, they don't know it's turkey!”

