

Turkey Tacos

Cook Time: 20 mins

Serving Size: 1 taco

Servings: 4

Ingredients

- 2 teaspoon olive oil
- 1/2 red onion, diced
- 2 Tablespoons jalapeno pepper, finely chopped
- 16 ounces lean ground turkey
- 1 clove garlic, minced
- 1 Tablespoon ground cumin
- 1 Tablespoon chili powder
- 1/2 teaspoon paprika
- 2 Tablespoon water
- 6 6-inch corn tortillas
- 1 large avocado, diced
- 6 Tablespoon plain non-fat Greek yogurt
- 6 Tablespoon no-salt-added Pico de Gallo



Directions

1. In a large skillet, heat olive oil over medium heat.
2. Add onion and jalapeno to the skillet and cook for 2 minutes. Add the turkey and cook until the meat is browned and the vegetables are cooked through, about 5 to 7 minutes. Add the garlic and cumin and cook for 30 seconds.
3. Lower the heat and add the chili powder, paprika, and water, mixing thoroughly.
4. Fill each tortilla with 1/2 cup of turkey mixture, plus about 2 Tablespoon avocado, 1 Tablespoon yogurt, and 1 Tablespoon Pico de Gallo.

Nutrition Facts

6 Servings	
Serving Size	1 taco
Amount per serving	
Calories	260
Total Fat 12g	
Saturated Fat 2.6g	
Trans Fat 0.1g	
Cholesterol 60mg	
Sodium 80mg	
Total Carbohydrate 19g	
Dietary Fiber 4g	
Total Sugars 2g	
Protein 19g	
Potassium 460mg	
Phosphorus 275mg	

Choices/Exchanges: 1 Starch, 1 Nonstarchy vegetable, 2 Lean protein, 1 Fat

Recipe from Diabetes Food Hub



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)