

## **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**

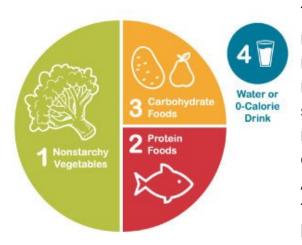
- 1. In a large skillet, heat olive oil over medium heat.
- 2. Add onion and jalapeno to the skillet and cook for 2 minutes. Add the turkey and cook until the meat is browned and the vegetables are cooked through, about 5 to 7 minutes. Add the garlic and cumin and cook for 30 seconds.
- 3. Lower the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

Recipe from Diabetes Food Hub



Nutrition 6 Servings Serving Size 1 taco	Facts
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	
<b>Protein</b> 19g	
Potassium 460mg	
Phosphorus 275mg	

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



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)