

# TURKEY TACOS

## Verde

Servings: **6**

Serving Size: **2** tacos

Prep Time: **10** minutes

Cook Time: **15** minutes

### What You Need

- 2 teaspoons canola, olive, or vegetable oil
- 1 small green bell pepper, chopped
- 1 $\frac{1}{4}$  pound lean ground turkey
- 1 (10-ounce) can verde sauce or green enchilada sauce
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 12 (5-inch) corn tortillas
- 3 cups chopped lettuce, such as green leafy or romaine
- 1 $\frac{1}{2}$  cups chopped tomatoes (2 medium tomatoes)

### Get Cookin'

- 1.** With an adult's help, heat a large skillet over medium-high heat.
- 2.** Add the oil to the skillet and heat. Add pepper. Cook 5 minutes or until pepper starts to soften.
- 3.** Add turkey to skillet. Break turkey into pieces using a wooden spoon or spatula. Cook turkey 5 minutes or until it is no longer pink.
- 4.** Lower heat to medium. Stir in verde sauce, chili powder, and cumin. Turn off heat.



5. Warm corn tortillas in microwave or toaster oven.
6. Build tacos: add a  $\frac{1}{4}$  cup turkey filling into each corn tortilla. Top with  $\frac{1}{4}$  cup lettuce and 2 tablespoons tomatoes.
7. Place two tacos on each plate. Serve right away.

### Tip

Verde sauce is found in the Latin food section of most grocery stores. Look for it near the canned and jarred salsas.

Did you know? Corn tortillas count as a whole grain. Whole grains provide your body with extra nutrients such as fiber.