

Turkey Tacos

Serves: 4 | Serving Size: 2 tacos

Nutrition (per serving): *Calories: 226; Total Fat: 11g; Saturated Fat: 3g; Monounsaturated Fat: 3g; Cholesterol: 38mg; Sodium: 279mg; Carbohydrate: 18g; Dietary Fiber: 4g; Sugar: 3g; Protein: 16g*

Ingredients

- 1 teaspoon olive oil
- 1 white onion, chopped
- 1 pound lean ground turkey- Leftover cooked turkey can be used too
- 3 cloves garlic, minced
- 1 (8-ounce) can tomato sauce
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1/2 teaspoon paprika
- Pinch cayenne pepper, optional
- 3/4 teaspoon salt
- 8 corn tortillas
- 1 cup grape tomatoes, quartered (alternately use 1 large tomato, diced)
- 1/2 cup shredded cheddar cheese
- 1 avocado, diced
- Shredded lettuce
- Sliced jalapeno



Directions

- 1) Add olive oil to a large skillet and place over medium high heat. Add onions and turkey. Cook the turkey, breaking up the meat with a wooden spoon until evenly browned.
- 2) Transfer to the slow cooker and add the garlic, tomato sauce, cumin, chili powder, oregano, paprika, cayenne pepper and salt. Stir to combine. Cook on high for 2–3 hours or on low for 6–7 hours.
- 3) Once ready to serve, divide meat between 8 corn tortillas. Add grape tomatoes, cheese, diced avocado, lettuce and jalapeno slices. Serves 4. Serve topped with a dollop of Greek yogurt, if desired.