

Turkey Taco Salad Recipe



TOTAL TIME: Prep/Total Time: 30 min.
MAKES: 10 servings

Ingredients

- 1 pound ground turkey
- 1 medium sweet red pepper, chopped
- 1 small sweet yellow pepper, chopped
- 1 cup diced onion
- 3 garlic cloves, minced
- 2 cups salsa
- 1 canned kidney beans, rinsed and drained
- 2 teaspoons chili powder
- 2 teaspoon ground cumin
- 8 cups shredded lettuce
- 2 tablespoons fresh cilantro leaves
- 2 sliced green onions
- 2 teaspoon salt and black pepper
- Optional toppings: chopped tomatoes, shredded cheddar cheese, low fat sour cream and crushed tortilla chips

Nutritional Facts

1 cup turkey mixture with 2 cups romaine (calculated without optional toppings) equals 275 calories, 13 g fat (4 g saturated fat), 58 mg cholesterol, 525 mg sodium, 21 g carbohydrate, 6 g fiber, 18 g protein. **Diabetic Exchanges:** 2 medium-fat meat, 1-1/2 starch

Directions

1. In a large skillet, cook turkey, peppers, onion, garlic, salt and black pepper over medium heat 8-10 minutes or until turkey is no longer pink and vegetables are tender, breaking up turkey into crumbles; drain.
2. Stir in salsa, beans, chili powder and cumin; heat through.
3. Divide shredded lettuce onto plates. Top with turkey mixture; sprinkle with cilantro, green onions and toppings of your choice. Serve immediately.