

# Turkey Taco Salad

**TOTAL TIME:** Prep/Total Time: 30 min.

**MAKES:** 4 servings

## Ingredients

12- ounces ground turkey  
1- medium sweet red pepper, chopped  
1- small sweet yellow pepper, chopped  
1/3- cup chopped onion  
3- garlic cloves, minced **OR** 1 ½ tsp minced garlic from a jar  
1 ½- cups salsa  
½- cup canned kidney beans, rinsed and drained  
2- teaspoons chili powder  
1- teaspoon ground cumin  
8- cups torn romaine  
2- tablespoons fresh cilantro leaves  
\*\*\*Optional toppings: chopped tomatoes, shredded cheddar cheese, and crushed tortilla chips



## Directions

1. In a large skillet, cook turkey, peppers, onion and garlic over medium heat 6-8 minutes or until turkey is no longer pink and vegetables are tender, breaking up turkey into crumbles; drain in a colander and rinse the meat with warm or hot water.
2. Stir in salsa, beans, chili powder and cumin; heat through.
3. Divide romaine among four plates. Top with turkey mixture; sprinkle with cilantro and toppings of your choice. Serve immediately. **Yield:** 4 servings.

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## Nutritional Facts

1 cup turkey mixture with 2 cups romaine (calculated without optional toppings)  
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.

**This is a great recipe because it incorporates a lot of fresh ingredients while allowing plenty of flexibility. You can add as many veggies as you like and can even pair it with the “Fresh Pico de Gallo” recipe on the back!**

**You can also substitute ground turkey for ground beef or ground chicken. Keep fat content low by draining the meat into a colander and rinsing it with warm or hot water before adding seasonings.**

**Sodium is low because we use cumin and chili powder instead of a seasoning packet.**

Read more: <http://www.tasteofhome.com/recipes/turkey-taco-salad#ixzz3Y4GVIXSt>

## Fresh Pico de Gallo

The flavors in this healthy real food recipe for Pico de Gallo are so fresh and delicious! It makes a healthy snack with only 25 calories in ½ cup serving!

### Ingredients

- 4- tomatoes, seeded and chopped
- ½- a large onion, chopped
- 1- green bell pepper, chopped
- Handful of cilantro, chopped
- ½- lime, juiced



### Instructions

1. Wash and chop all of the ingredients.
  2. Mix together in a large bowl.
  3. Refrigerate leftovers and enjoy within 24 hours or so.
- After that the ingredients will begin to break down and end up soupy.

### Notes

Actual nutrition info may vary based on exact ingredients used.  
Find complete nutrition info on MyFitnessPal as FG8 Fresh Pico de Gallo.

### Nutrition Information: Serving size: ½ cup {recipe makes 6 servings}

Calories: 25 g, Fiber: 1.6 g, Protein: 1.1 g, Carbohydrate: 6 g

**This recipe is fantastic! It's quick, easy, and requires only 5 ingredients! ¼ cup of this recipe is only 25 calories and 6 g carbohydrate. This is a delicious way to incorporate veggies into your everyday routine.**