

Recipe inspired by: Cooking Matters

Yields: 10 tacos

Turkey Taco Skillet

Make these easy, quick, and tasty tacos tonight!

INGREDIENTS

- 3 cups finely sliced red or green cabbage (about ½ medium head of cabbage)
- 1-2 limes, juiced
- 1 (15 oz) can of black beans, rinsed
- 1 (14.5 oz) can of diced tomatoes (no salt if available)
- 1 lb of lean ground turkey
- 2 tablespoons canola oil
- 1 tablespoon ground cumin
- 1 tablespoon of onion powder
- 2 tablespoons of garlic powder
- 1 Tablespoon of chili powder (optional)
- 1/4 tsp salt
- 10 whole wheat 8" tortillas
- ½ - 1 cup sharp cheddar cheese
- Optional toppings: cilantro, avocado, hot sauce

DIRECTIONS

1. Chop cabbage into thin strips. Place in plastic bag or bowl, squeeze in lime juice. Toss to coat.
2. In skillet, heat oil, ground turkey, and salt on medium high heat. Use spatula to break up turkey into small bits and sauté. Cook until meat is thoroughly brown.
3. Add beans, tomatoes, and spices. Mix well and cook for at least 3 minutes on medium low heat.
4. Taste and add seasonings as needed.
5. Warm tortillas in a separate skillet without oil or in the microwave.
6. Assemble tacos from bottom to top: skillet mixture, cabbage, and any additional toppings. Enjoy!