Turkey Tacos

Adapted from *eatfresh.org*

SERVES: 8 (serving size = 2 tacos)
PREP TIME: 45 minutes

INGREDIENTS

- 1 carrot, 1 zucchini, or 1 sweet potato (rinsed)
- ¼ head of lettuce, rinsed
- 2 large tomatoes, rinsed, cored, and chopped
- ½ cup grated cheese
- 1pound lean ground turkey or beef
- 1 can (15-oz.) Pinto beans, drained and rinsed
- 1 can (15-oz.) diced tomatoes
- 1 TBSP Chili powder
- 1 tsp each garlic powder and onion powder
- 1 tsp dried oregano
- ½ tsp ground black pepper + ½ tsp salt (to taste)
- 16 taco shells
- Non-stick cooking spray

DIRECTIONS

1. Peel and grate carrot, sweet potato, or grate zucchini. Squeeze dry with paper towels. Shred lettuce.
2. Coat a large skillet with non-stick cooking spray. Brown ground meat on medium heat. Drain excess fat.
3. Add grated vegetables, beans, diced tomatoes, and spices. Stir well. Reduce heat to medium-low, and cook until thickened, about 15-20 minutes.
4. Add 2 TBSP of the meat mixture to each taco shell. Top each with 1 TBSP lettuce and 1 TBSP fresh tomato. Divide shredded cheese among tacos.
5. Serve with your favorite toppings: sour cream, salsa, low-fat yogurt, hot sauce, and veggies.