

PICKLES & PEPPERS

Turkey Tacos



BAY VALLEY
F O O D S

Turkey Tacos

Makes 16 Tacos; 8 Servings of 2 Tacos Each

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Yellow onion, cut in small dice	1 cup (6 oz.)	Over medium heat, cook the diced onion in oil until transparent but not brown.	295 calories
Olive oil	1 Tbsp.		21 g protein
Ground turkey breast	1 lb.	Add ground turkey; stir and season with salt and pepper as it cooks.	23 g carbohydrate
Salt	1/8 tsp.		3.5 g fiber
Ground black pepper	1/16 tsp.	When turkey has just a bit of pink color left, add diced tomatoes, chopped peppers, and scallions, and heat through. Simmer until almost all moisture is evaporated (10-15 minutes) and add cilantro and lime juice.	14 g fat
Bay Valley Foods® Jalapeños , finely chopped	1/2 cup (3 oz.) (8 peppers)		4.5 g saturated fat
Fresh tomatoes, finely diced	2 cups		0 g trans fat
Scallions, finely chopped	1/4 cup (1 oz.)		41 mg cholesterol
Fresh cilantro, finely chopped	1 Tbsp.	Spoon scant 1/4 cup of the mixture (1.5 oz) into each of 16 taco shells. Top each with 1 Tbsp. cheese and 1/4 cup (.3 oz) loosely packed sprouts or lettuce.	566 mg sodium
Lime juice	2 Tbsp.		
Taco shells, warmed	16		
Shredded Monterey Jack cheese	1 cup (5 oz.)		
Alfalfa sprouts* or shredded lettuce	4 cups (*very loosely packed; about 1 4-oz. container)		



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