

Tacos

Make your taco meat ground turkey and add grated carrot and tomato for extra flavor and nutrition. Buy grated part-skim mozzarella in bulk - it is the most versatile cheese and you can use in almost any recipe and is several grams lower in fat than cheddar. Great way to use up left over cherry tomatoes, lettuce, and extra salsa that lingers at the bottom of the jar.

Makes 12 tacos

Ingredients

- 1 pound ground dark meat turkey
- 1 carrot, grated
- 1 stalk of celery, thinly sliced
- 2 cloves of garlic chopped
- 1 tablespoon olive oil
- 1 package taco seasoning
- 2 tablespoons tomato paste
- 1 star anise (optional)
- 1 cup shredded 2 % reduced fat cheddar cheese
- 3-4 large romaine lettuce leaves, thinly sliced
- 1 12-count package corn taco shells or 1 package of soft whole grain flour tortillas
- 1 8-ounce container reduced-fat sour cream
- 1 8-ounce jarred salsa

Directions

Coat a large skillet with cooking spray and heat over medium-high heat. Add the olive oil. Add the turkey, carrot, and celery, and garlic. Cook 10-15 minutes, stirring occasionally until meat begins to brown and the vegetables soften. Sprinkle with taco seasoning and add tomato paste. Continue to cook an additional 1-2 minutes until the spices become fragrant. Add 3/4 cup of water. Reduce to a simmer and cook 5-10 minutes until turkey is no longer pink in the center and a thick sauce forms.

Meanwhile, place corn tortillas in oven or toaster oven heated to 350F for 15-20 minutes or until warm. Assemble tacos by spooning in 2

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at SkinnyChef.com!

tablespoons meat, cheese, lettuce, and salsa. Serve with sour cream and salsa tableside.

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