

### Ground Turkey Black Bean Tacos

#### INGREDIENTS:

- 6 to 12 corn tortillas
- Olive oil cooking spray
- 1 lb extra-lean ground turkey
- Ground black pepper and sea salt, to taste
- 1 15-oz can low-sodium black or pinto beans, rinsed and drained
- 1 cup chunky low-sodium salsa
- 2 cups (packed) romaine lettuce, chopped
- 1 15-oz can of organic corn, no salt added
- 1/2 cup shredded low fat monterey jack cheese
- 1/2 cup sliced black olives
- 1/4 cup sliced scallions or cilantro
- 1 ripe avocado, diced

#### INSTRUCTIONS:

1. Preheat oven to 350 F. Loosely wrap tortillas in foil, making 2 packets of 6 tortillas each.  
Place packets on a baking sheet and bake for 10 to 15 minutes, or until hot.
2. Coat a skillet with cooking spray and heat on medium-high. Add turkey and cook until lightly browned and cooked through, about 6 to 8 minutes, breaking up meat as you go. Season with salt and pepper, to taste. Remove from heat and set aside.
3. Unwrap foil packets and place 2 tortillas on each of 6 plates. For each plate, distribute 1/2 cup turkey, 1/4 cup beans, 3 tbsp salsa and 1/3 cup lettuce evenly between both tortillas. Serve immediately. OR, set up a "bar" and top with corn, cheese, black olives, scallions, cilantro or avocado.

Enjoy and share with other busy moms and dads!

