

Turkey Tacos

Servings: 6

Time: 20 minutes

Ingredients:	Cost per ingredients:	Cost per recipe:	Cost per serving:
2 TSP - olive oil	\$3.94 / 17oz bottle	\$0.073	\$0.012
1 - garlic clove (minced)	\$1.80 / 3 bulbs	\$0.08	\$0.013
½ cup - red onion (diced)	\$0.80 / medium onion	\$0.20	\$0.033
1 LB - ground turkey (90% lean)	\$3.87 / lb	\$3.87	\$0.645
6 - 6-inch corn tortilla	\$4.60 / 18 count pack	\$1.53	\$0.255
6 TBSP - non-fat Greek yogurt (plain)	\$3.47 / 32oz container	\$0.65	\$0.108
1 TBSP - chili powder	\$0.98 / 3oz container	\$0.16	\$0.026
1 TBSP - ground cumin	\$0.98 / 2.5oz container	\$0.08	\$0.013
½ TSP - smoked paprika	\$1.94 / 2oz container	\$0.38	\$0.063
2 TBSP - water			
TOTAL:	\$22.38	\$7.02	Approx. \$1.17

*Prices based on Walmart.com

Directions

1. In a large skillet, heat the olive oil over medium high heat.
2. Add the onion to the skillet and cook for 2 minutes.
3. Add the turkey and cook until the meat is browned and the vegetables are cooked through, about 5-7 minutes. Add the garlic and cumin and cook for 30 seconds.
4. Lower the heat and add the chili powder, paprika and water. Mix thoroughly.
5. Fill each tortilla with ½ cup of the turkey mixture. Add yogurt, avocado and salsa to taste.



Recipe adapted from The American Diabetes Association

Allergens: Dairy