

Turkey Tacos

Servings: 6

Time: 20 minutes

Ingredients:

- 2 teaspoons olive oil
- 1 clove garlic (minced)
- ½ cup red onion (diced)
- 1 pound ground turkey (90%)
- 6 6-inch corn tortilla
- 6 Tablespoons plain, non-fat Greek yogurt
- 2 Tablespoons water
- 1 Tablespoon chili powder
- 1 Tablespoon ground cumin
- ½ teaspoon smoked paprika



Optional:

- 1 large diced avocado
- 6 tablespoons salsa (no salt added)

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.