

WELLNESS CONNECTION

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NOURISHING YOU - Ground Turkey Taco Skillet

Recipe Introduction by Ben Taylor

Serves 4

Whip up a quick, delicious, and healthy taco night substitute with this turkey taco skillet! Substitute a different protein for the turkey or a different kind of beans, if you prefer. Kick up the spiciness by leaving the jalapeno seeds and ribs in the peppers, use a spicy salsa variety, or increase the amount of chili powder or cayenne. For a healthy alternative, substitute rice, quinoa, cauliflower rice, or lettuce for the tortilla chips.



Photo Credit: Skinnytaste.com

Ingredients

- 1 tsp olive oil
- 1 yellow onion, finely chopped
- 1 jalapeno, seeds removed and diced
- 1 lb. 93% ground turkey
- Salt and pepper to taste
- 1 tbsp chili powder
- 1 tsp smoked paprika
- 1 tsp ground cumin

- ¼ tsp cayenne
- ¾ cup canned pinto beans, drained
- ¾ cup corn kernels
- 12 oz. salsa
- Tortilla chips (approx. 4 oz. or 30 chips)
- 1 cup shredded Mexican cheese blend
- 2 tbsp cilantro, chopped
- Sliced avocado, sour cream for topping

Instructions

In a large skillet over medium heat, warm the olive oil. When heated, add the onion and jalapeño and sauté for 2 to 3 minutes.

Add the ground turkey and season with salt and pepper. Cook the turkey until it is browned, crumbling the meat into small pieces as it cooks.

Add the chili powder, smoked paprika, cumin, cayenne, pinto beans, corn and salsa. Mix well. Let the mixture cook for 3 minutes.

Lightly crumble the chips over the top of the turkey, then sprinkle the cheese over the top of the chips.

Melt the cheese by covering the turkey skillet with a lid for 1 to 2 minutes or place it under the broiler for 2 to 3 minutes.

Remove the pan from the heat and top the turkey skillet with chopped cilantro and other toppings like avocado, sour cream, or your other taco favorites!

Nutrition information (1 ½ cups): Calories 503 | Carbs 43.5 g | Fat 23.5 g | Protein 37 g

Source: <https://www.skinnytaste.com/turkey-taco-skillet/>

