

# Turkey Tacos

**LUNCH/DINNER** Makes 1 Serving

*Delicious, easy tacos with all the flavour. Top them with your favourite toppings and enjoy.*

## Ingredients

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- 125g cooked & seasoned ground turkey
- 2 hard taco shells
- 30g 0% greek yogurt
- 1/2 tbsp taco sauce
- 1/2 oz low-fat cheddar cheese
- lettuce
- tomato
- cilantro

## Directions

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1. Cook and season the meat with your favourite taco seasoning.
2. In a small bowl, mix the greek yogurt and taco sauce.
3. Fill the tacos as desired with the taco meat, cheese, vegetables and seasoned yogurt.

## Notes

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For the taco meat, cook 1 pound of extra lean ground turkey meat in a frying pan. Add 1-2 tablespoons of taco seasoning and stir to combine.

Left over taco meat can be stored in the refrigerator for up to 5 days.



## Macros \*

Per 2 tacos

Calories : 305  
Protein : 31.5 g  
Carbs : 19.1 g  
Fat : 12 g

\*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.