



TURKEY TACO LETTUCE CUPS

A lighter taco-night option with seasoned turkey and crisp toppings.

PREP

10 minutes

COOK

12 minutes

YIELD

4 servings

INGREDIENTS

- 1 pound lean ground turkey
- 1 teaspoon olive oil
- 1 tablespoon salt-free taco seasoning
- ½ cup no-salt-added black beans, rinsed
- 8 large romaine or butter-lettuce leaves
- ½ cup diced tomatoes
- ½ avocado, diced
- Plain Greek yogurt and lime wedges, optional

INSTRUCTIONS

- 01** Warm the olive oil in a skillet over medium heat.
- 02** Add the turkey and cook until browned and fully cooked, breaking it apart as it cooks.
- 03** Stir in the seasoning and black beans.
- 04** Spoon the mixture into lettuce leaves.
- 05** Top with tomatoes, avocado, Greek yogurt, and lime as desired.

SIMPLE SWAP

Serve the filling over brown rice, quinoa, or chopped lettuce.