



Turkey Taco Bowl

Ingredients:

½ -pound ground turkey
1 tablespoon vegetable oil
¾ cup diced onion
2 cloves minced garlic
1 cup salsa -not chunky
2 tablespoons taco seasoning
¾ cup water
2 cups cooked rice
1 cup shredded cheese
1 tomato
1/2 can of corn
1/2 can of black beans
1/2 avocado
1 green onion
½ head of lettuce
Handful of cilantro

Instructions:

1. Heat vegetable oil in skillet over medium high heat for 3-4 minutes. Add ground turkey and garlic. Cook for about 5 minutes. Drain liquid and return meat to pan.
2. Stir in salsa, water and taco seasoning. Bring to a boil and reduce heat to low. Simmer for 10 minutes until sauce is thickened.
3. Chop toppings while turkey is cooking.
4. Place rice at bottom of bowl, add turkey meat and other toppings.

Nutrition Facts: 500 calories, 22g total fat, 70mg cholesterol, 24g protein, 273mg calcium

Prep Time: 15 minutes

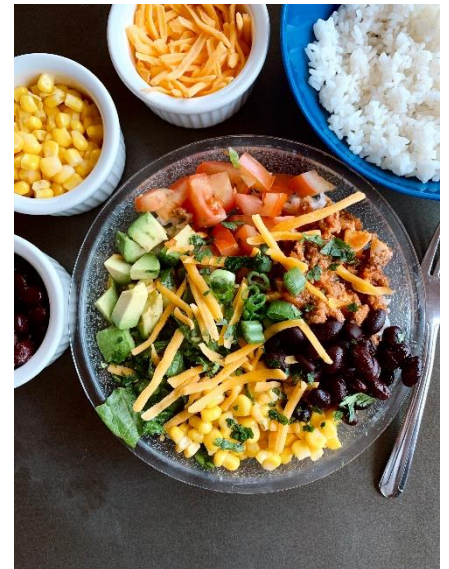
Cooking Time: 20 minutes

Equipment:

Skillet
Pan
Bowl
Chef's Knife
Cutting Board

Servings: 4 servings

Serving Size: 1 ¾ cups



Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

BROUGHT

TO YOU BY: Campus Health Service • Campus Rec • Culinary Services • ASUA • SHAC



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