



TURKEY TACO BOWL



INGREDIENTS

ITEM

QUANTITY

- Lean Ground Turkey 5 oz
- Cooked Rice ½ cup
- Shredded Lettuce ½ cup
- Diced Tomato ½ cup
- Cheddar Cheese 2 tbsp
- Juice of Lime ½
- Cumin ½ tsp
- Paprika ½ tsp
- Oregano ¼ Tsp.
- Salt & Pepper

SERVING SIZE

1



PREPARATION

- ✔ Heat a skillet over medium heat.
- ✔ Add ground turkey and cook until browned, breaking it apart as it cooks.
- ✔ Stir in cumin, paprika, oregano, salt, and pepper.
- ✔ Continue cooking for 1-2 minutes until the spices are fragrant.
- ✔ Place rice in a bowl and top with seasoned turkey, lettuce, tomato, and cheese.
- ✔ Finish with fresh lime juice before serving.