

TURKEY TACO SKILLET

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Ingredients

- 1 Tablespoon Cooking Oil
- 1 lb. Ground Turkey
- 1 Yellow Onion
- 10oz. Can Diced Tomatoes with Green Chiles
- 15oz. Can Black Beans
- 1 Cup Frozen/Canned Corn
- 2 Tablespoon Taco Seasoning

Directions

1. Add the cooking oil and ground turkey to a large skillet. Begin to cook the turkey over medium heat, breaking it up into pieces as it cooks.
2. While the turkey is cooking, dice the onion. Add the onion to the skillet with the turkey and continue to stir and cook until the onions are soft. Add the taco seasoning, then continue to stir and cook for 1-2 minutes more.
3. Drain the black beans then add them to the skillet with the diced tomatoes (with juices) and corn. Stir the ingredients in the skillet to combine, then heat through over medium.

Nutrition Fun Facts

Turkey is a protein rich food, which is important for muscle growth and maintenance. It gives your cells structure and helps transport nutrients around your body!