

## Fiesta Turkey Tacos



### Ingredients:

- 2 teaspoon canola oil
- 1 onion, chopped
- 1 pound cooked turkey, shredded or chopped
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 2 teaspoons dried oregano
- 2 teaspoons paprika
- 1 large tomato, chopped
- 1/2 cup low-sodium chicken broth
- Whole wheat tortillas
- Optional toppings: lettuce, reduced-fat cheese, avocado slices, salsa

### Directions:

1. Heat the oil in a skillet over medium heat. Add the onion and cook until tender.
2. Add the turkey and season with garlic powder, cumin, oregano, and paprika.
3. Stir in the tomato and chicken broth.
4. Cover skillet and simmer 5 minutes or until heated through.
5. Prepare tacos and serve with desired toppings.

Makes 4 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>