



Turkey tacos

Servings: 4 small tacos

INGREDIENTS:

- 1 lb. ground turkey
- 2 tsp. cumin
- 1 tsp. paprika
- 1 tsp. salt
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. dried oregano
- ¼ tsp. cayenne pepper
- Tortillas of your choice

OPTIONAL TOPPINGS:

- Red and green peppers, sliced
- White onion, sliced
- Avocado slices for heart-healthy fiber and fats
- Lettuce
- Plain Greek yogurt to substitute sour cream

DIRECTIONS:

1. Heat a medium skillet over medium high heat
2. Add turkey and brown until cooked almost all the way through, about five minutes
3. Add seasonings and finish cooking
4. Remove from skillet and allow to cool for a few minutes
5. Assemble tacos and top with your favorite veggies

To make your favorite dish heart-healthy, Spire employee Suzette recommends swapping red meat for leaner white meat, and incorporating lots of vegetables to make your food nice and colorful. This is an example of a heart-healthy recipe using these simple swaps.