



Turkey Lettuce Tacos

Serves: 4 people **Total Prep & Cook Time: 20 minutes**

Image source: <https://www.eatyourselfskinny.com/turkey-taco-lettuce-wraps/>



Ingredients

Instructions

- 1 lb ground turkey
- 1 cup salsa
- 1 tbsp cooking oil
- 1 tbsp taco seasoning
- 1 can (15 oz) corn, drained
- 1 can (15 oz) black beans, drained and rinsed
- 2 bell peppers, diced
- 1 head butter or romaine lettuce
- Optional: sour cream, hot sauce, shredded cheese, lime, cilantro, jalapeños

1. Heat oil in a large skillet over medium-high heat.
2. Add ground turkey and cook until browned, about 3-5 minutes.
3. Stir in salsa, taco seasoning, and diced peppers until heated through, about 2-3 minutes.
4. Stir in drained corn and beans and season to taste. Option to add hot sauce or jalapeños for additional spice at this step.
5. To serve, spoon several tablespoons of the turkey mixture into the center of a lettuce leaf.* Add toppings of choice and enjoy!

*Option to serve over chopped lettuce as taco salad, if preferred!

Recipe adapted from: <https://damndelicious.net//>