

Let's taco 'bout tacos! Summer is taco time. Ours are chock full of healthy ingredients: ground turkey, romaine lettuce, zesty guacamole, and fresh curtido slaw. Cook these at home, or take them on a family outing for a perfect summer meal.



Ingredients

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| ground turkey | sour cream |
| flour tortillas | pico de gallo |
| seasoning mix | guacamole |
| tomato chili sauce | pickled jalapeños |
| romaine lettuce | cilantro |
| shredded Mexican cheese blend | curtido slaw |

Ingredient Breakdown

Seasoning Mix: toasted ground cumin, coriander, anise, cinnamon, all spice, smoked paprika, ground guajillo chiles, salt
Tomato Chili Sauce: toasted ground cumin, coriander, anise, cinnamon, all spice, smoked paprika, ground guajillo chiles, salt
Pico de Gallo: tomatoes, red onions, jalapeños, lime juice, cilantro, salt, and extra virgin olive oil
Guacamole: avocados, lemon juice, scallions, jalapeño, cilantro, extra virgin olive oil and salt
Pickled Jalapeños: jalapeños, white vinegar and salt
Curtido Slaw: cabbage, carrot, red onion, lime juice, raw cane sugar, vegetable oil, guajillo chili

WHAT YOU NEED large skillet, knife, aluminum foil, various bowls for sides

FROM YOUR PANTRY oil



1

Preheat the oven to 425F. Warm 2 Tbsp. of oil over medium heat in a large skillet or small pot. When warm, stir in the ground turkey and sprinkle the seasoning mix on top. Stir to coat evenly with the mix. Stir in the tomato chili sauce, bring to a boil, reduce to a simmer and cook for 8-10 minutes, or until only a light sauce covers the beef.



2

one potato suggests reading through the recipe before you start cooking!

While the meat is cooking, cut the lettuce into thin strips and set aside in a bowl.

Place the Mexican cheese blend, the guacamole, the pico de gallo, and the sour cream into separate bowls. Pull off small sprigs of cilantro leaves and place them into a bowl of ice water. Set the bowls out on a table.



3

Wrap the tortillas in aluminum foil, and place in the oven for 3-5 minutes, or until warmed through. Remove from the oven and keep wrapped until ready to serve.*

Open the wrapped tortillas, and use a spoon to spread an equal portion of turkey in the center of each tortilla. Fold the tortillas in half and place on a platter. Set on the table with fillings.

Let each person fill their tacos according to their taste. We recommend starting with a layer of cheese, followed by lettuce, guacamole, and pico de gallo. Top with sour cream, cilantro and pickled jalapeños. Serve accompanied by the curtido slaw.

Enjoy!



GETTING KIDS INVOLVED

Kids can put the sides into bowls. With adult supervision, older kids can cut the lettuce into strips and can pull the leaves off of the cilantro.

TIPS



COOKING

* Tortillas can also be warmed quickly by directly placing them one at a time over a low stove top flame for 10-20 seconds.



ENCOURAGING KIDS TO TRY

Kids love tacos! Let them build their own. You may be surprised by the sides that they choose.