

Lifestyle Lettuce Tacos



Per 1 serving
282 Calories ● 7.8g Carbs (2.7g Fiber) ● 19.1g Fat ● 21.4g Protein

5 minutes to prep , 15 minutes to cook

Ingredients

Scaled to 1 serving

- 1/2 tsp **Olive oil** (2.2 g)
- 3/16 lb **Ground turkey** (76 g)
- 1/3 cloves, minced **Garlic** (1 g)
- 1 1/3 tbsp **Tomato sauce** (20 g)
- 1 1/3 tbsp **Chicken broth** (20 g)
- 2 leaf, medium **Lettuce** (16 g)
- 3/16 fruit **Avocados** (23 g)
- 3/16 medium whole **Tomatoes** (20 g)
- 3/16 tbsp **Fresh cilantro** (0.2 g)
- 1 5/8 tbsp **Sour cream** (19 g)
- 1/8 cup, chopped **Onions** (20 g)
- 1 1/2 tsp **Seasoning, Taco** (5.4 g)
- 3/16 cup, shredded **Mexican cheese** (19 g)

Directions

Directions are for original recipe of 6 serving

1. Heat olive oil in a non-stick skillet over medium-high heat
2. Add onion and sauté 2 minutes. Add turkey and garlic and cook through
3. Add taco seasoning tomato sauce, and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced.
4. Serve mixture over lettuce leaves with desired toppings (cheese, avocado, tomato, cilantro, onion, sour cream).