

Turkey Tacos

1 lb ground turkey

2 tsp cumin

3 T chili powder

1 tsp garlic, salt & pepper

1/2 cup water

1 small onion

1 doz raw corn tortillas

vinaigrette

1/2 head shredded lettuce

Saute turkey in
oil add spices

(drain after brown)

add onion, water &
cover for few minutes -

Fry tortillas quickly on
both sides or heat in
oven

Fill with meat & keep
warm in oven -

add salsa, grated
cheese, tomatoes &
instead of cream
use low fat yogurt.