



### **Turkey Black Bean Soft Tacos**

12 corn tortillas

1 ¼ lbs extra-lean ground turkey

1 (15 oz) can low-sodium black beans, rinsed and drained

1 cup, plus 2 Tbsp chunky low-sodium salsa

2 cups chopped romaine lettuce (packed)

Olive oil cooking spray

Ground black pepper and sea salt, to taste

1. Preheat oven to 350 degrees. Loosely wrap tortillas in foil, making two packets of six tortillas each. Place packets on a baking sheet and bake for 10 to 15 minutes, or until hot.
2. Coat a skillet with cooking spray and heat on medium high. Add turkey and cook until lightly browned and cooked through, about six to eight minutes, breaking up meat as you go. Season with salt and pepper, to taste. Remove from heat and set aside.
3. Unwrap foil packets and place two tortillas on each of six plates. For each plate, distribute half-cup turkey, quarter-cup beans, three tablespoons salsa and one-third cup lettuce evenly between both tortillas. Serve immediately.

Nutrients per serving (2 corn tortillas, ½ cup turkey, ¼ cup beans, 3 Tbsp salsa, 1/3 cup lettuce):  
Calories: 276, Total Fat: 2.5 g, Sat. Fat: 0 g, Carbs: 37 g, Fiber: 7 g, Sugars: 2 g, Protein: 28 g,  
Sodium: 343 mg, Cholesterol: 46 mg

Note: To toast your almonds, add them to a small dry skillet over medium heat (no oil or cooking spray is required). When the skillet is hot, toast almonds for two to five minutes, until browned, stirring frequently and being careful not to burn them. Remove from heat immediately.

Makes 6 servings and takes 20 minutes to prepare.

Recipe from *The Best of Clean Eating*, page 99

(You can find this recipe, along with others at [PolsonFitness.com!](http://PolsonFitness.com!))