

# Turkey & Avocado Tacos

What you will need:



½ cup chopped yellow onion



¼ cup red onion, chopped



Half of a ripe, large avocado, halved, pitted & diced



½ cup chopped, fresh tomato



Half of a jalapeno pepper, seeded & minced



¼ cup fresh cilantro, chopped



½ tablespoon olive oil



½ tablespoon Chili powder



½ teaspoon cumin



½ lb Lean ground turkey (94% lean)



1 tablespoon tomato paste



¼ cup water



1 tsp lime juice



6 Butter lettuce leaves, washed & trimmed OR 6 whole wheat tortillas

# Cooking Instructions

1



Chop  $\frac{1}{2}$  cup yellow onion,  $\frac{1}{4}$  cup red onion, half of the avocado,  $\frac{1}{2}$  cup tomato, half of the jalapeno and  $\frac{1}{4}$  cup chopped cilantro. Set aside.

2



Heat  $\frac{1}{2}$  Tablespoon (TBSP) olive oil over medium heat in large non-stick pan for 1 minute.

3



Add  $\frac{1}{2}$  cup yellow onion,  $\frac{1}{2}$  Tablespoon (TBSP) chili and  $\frac{1}{2}$  teaspoon (tsp) cumin. Cook, stirring occasionally until onions are clear, about 5 minutes.

4



Add  $\frac{1}{2}$  pound (lb) turkey; cook stirring occasionally until dark brown with no pink spots left, about 5-7 minutes.

5



Add 1 Tablespoon (TBSP) tomato paste and  $\frac{1}{4}$  cup water and simmer by turning heat down to low. Remove pan from heat when there is no water in the pan.

6



Combine the chopped tomato, avocado, red onion, cilantro and jalapeno with 1 teaspoon (tsp) lime juice in a small bowl.

7



Fill tortillas or lettuce leaves with warm turkey mixture and avocado salsa, dividing evenly.

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cooking, please visit



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This recipe was used in Project CHEER's partnership with The American Heart Association's Simple Cooking for Heart Program