

## ***Soft Shell Tacos***

*Tacos! They just make everyone happy don't they? It's a comfort food to so many thanks to generations of immigrants. They're quick, they're delicious, they're nutritious (as long as you put the right stuff in them.) And, they're on the menu tonight!*

**Preparation time: 20-25 minutes**

**Servings: 2**

**Ingredients:**

### ***Prep***

2 cloves garlic (*smashed and chopped*) - .2 oz. -

1/3 C. chopped yellow onion - 2 oz. -

4-5 lettuce leaves (*Washed, rolled and thin sliced*) -2 oz. -

### ***Stovetop seasoned ground taco meat***

½ lb. ground turkey breast - 8 oz. -

*or*

plant-based alternate of choice - 8 oz. -

1 tsp. olive oil - .14 fl. oz. -

chopped garlic (*from above*)

1/3 C. chopped yellow onion (*from above*)

1 tsp. dry oregano leaves - .19 oz. -

1/2 tsp. ground cumin - .04 oz. -

1 T. mild chili powder - .28 oz. -

dash of Tabasco - .02 oz.

1/4 C. leftover Red Sauce or tomato sauce - 2.3 oz. -

### ***Additional condiments***

1/4 C. plain nonfat yogurt (*stirred smooth*) - 2.2 oz. -

1/2 C. Quick, low-sodium tomato salsa (*Extra Recipe Info.*) - 4 oz. -

2-4 soft flour or corn Tortillas (*use 6" diameter size*) - 1.7 oz. -

1 avocado (*peeled and sliced*) - 4.8 oz. -

1 fresh lime to squeeze over avocado and tacos meat

4-5 sliced lettuce leaves (*from above*) - 2 oz. -

1/2 C. grated sharp cheddar cheese - 1 oz. -

2 kiwis (halved - one per diner) total of - 6 oz. -

### **Instructions:**

- **Smash and chop garlic and set aside.**
- **Chop Onion and set aside.**
- **Wash, roll and slice lettuce leaves.**

### ***Seasoned Ground Taco Meat***

- Heat 1 tsp. olive oil in a large non-stick fry pan.
- Sauté ground turkey, lean ground beef or meatless meal starter with 1/2 of the garlic, 1/3 C. onion, and spices in hot oil over medium-high heat. Sauté 5 minutes stirring constantly. Add leftover Red Sauce or 1/4 C. plain tomato sauce. Cover and cook on low heat an additional 2-minutes.
- When filling is done, remove from pan and place in bowl. Set aside.

### *Additional Condiments*

- Wash and dry red leaf lettuce. Stack and roll them and slice and set aside in a bowl.
- If necessary, make quick, low-sodium salsa now. (*Extra Recipe Info.*)
- Pit and slice avocado. Drizzle with lime juice. Set aside.
- Warm tortillas in microwave as follows:  
Place a tortilla on a large dinner plate. Sprinkle with a few drops of water.  
Place another tortilla over it and do the same until you have stacked 2 tortillas per diner.  
Invert another dinner plate over the top of the first plate and warm 35-seconds on high in the microwave.
- Set out grated cheese, yogurt and salsa in small bowls.
- Halve the kiwis serve on the side.
- Set all ingredients on table and call diners to the table. Drizzle a little lime juice over your taco meat just before serving.

*Let diners build their own tacos.*

*Halve kiwis and serve on the side with a small spoon to scoop out flesh.*

### ***Extra Recipe Info.***

#### **Quick Low-sodium Salsa**

#### **Ingredients:**

1 clove garlic (*smashed and chopped*) - .11 oz. –

1/3 C. finely-chopped sweet onion . - 1.9 oz. –

Juice from 1 lime - 1.5 oz. -

1/2 of a jalapeno pepper (*seeded and finely chopped*) - .25 oz. -

1 Anaheim pepper (*finely chopped*) - .85 oz. -

1/4 C. finely-chopped cilantro leaves - .14 oz. -

one can no-salt, chopped tomatoes - 15 oz. -

pinch of salt - .02 oz. -

**Instructions:**

- **Chop and combine all ingredients into a medium-sized bowl.**
- **You can also combine all ingredients in a food processor.**
- **Let stand until ready to use.**