

Turkey Taco Pie – #LetsTacoBoutPie

12 Street Taco size flour tortillas

1 medium carrot or sweet potato

1 pound lean ground turkey

1 (15 ½ ounce) can chopped or crushed tomatoes, no salt added

1 (15 ½ ounce) can pinto beans, no salt added

1 Tablespoon chili powder

1 teaspoon garlic powder

1 teaspoon dried oregano

½ teaspoon cumin

½ teaspoon salt

½ teaspoon ground black pepper

Non-stick cooking spray

Low-fat Mexican blend or your favorite cheese

Instructions:

1. Wash hands with soap and water.
2. Preheat oven to 350° F.
3. Scrub carrot or sweet potato with a clean vegetable brush under running water, peel and grate.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Preheat on medium, add turkey and break up with a spatula. Cook until browned and 165° F on food thermometer.
6. Add grated carrot or sweet potato, beans, canned tomatoes, and spices. Stir well, and simmer 15-20 minutes.
7. Spray each muffin cup of a jumbo muffin tin with non-stick cooking spray.
8. Press one tortilla into each muffin cup.
9. Spoon 2 Tablespoons cooked turkey mixture into each tortilla cup and sprinkle with about 1 teaspoon of shredded cheese.
10. Bake approximately 8 minutes, or until cheese, melts and tortilla edges are slightly brown.
11. Top each taco pie with your favorite toppings.

Taco Pie Topping Bar Ideas:

Shredded lettuce – look for locally grown lettuce at the area Farmer's Markets

Tomatoes – try quartered grape or cherry tomatoes

Avocados – diced

Cilantro – fresh, chopped

Low-fat Sour Cream or Fat-Free Plain Yogurt (Greek or Regular)

Fresh lime wedges

Salsa