



Turkey Tempeh Tacos with Red Cabbage Vinegar Slaw

****Makes 4 servings**

INGREDIENTS:

Taco Filling

- 1 lb lean ground turkey meat (93/7)
- 8 oz block tempeh
- 1 c diced onion
- 1 c diced bell pepper
- 1 tbsp chili powder
- 1 tbsp avocado oil
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp onion powder
- ¼ tsp Kosher salt
- ¼ tsp ground black pepper
- ¼ red pepper flakes
- 2 tsp corn starch
- ⅓ c water

Cabbage Slaw

- 1 lb thinly sliced or shredded cabbage
- ½ c shredded/julienned carrots
- ¼ c thinly sliced red onion
- 1/2 large bunch of cilantro, finely chopped
- ¼ red wine vinegar
- ½ tsp Kosher salt
- 2 tbsp olive oil

Garnishes/Accompaniments:

- Taco shells
- Sliced avocado
- Grated sharp cheddar cheese (up to 1 oz)
- Lowfat Greek yogurt (up to 2 tbsp)
- Pico de gallo OR just diced tomatoes- load up!

DIRECTIONS:

1. Heat oil in a large saute pan on med-high heat. Brown the meat and tempeh, cooking for ~5 mins.
2. While you are cooking taco mix combine all spices in a bowl and mix thoroughly.
3. Lower heat to medium and add diced onion and pepper. Saute stirring often until onions are translucent, ~4 minutes. Add spice blend and water. Stir thoroughly and warm for 1 more minute, allowing the taco mix to thicken.
4. Divide mix into quarters (eyeball it!) and spoon into hard taco shells (2 each per svg).
5. Toppings: **Choose either avocado OR cheese (aka pick your fat; 2 oz cheese or ¼ ea avocado)
6. Serve with 1.5 c vinegar slaw.

Nutrition Facts (PER 12 OZ SERVING):

CALORIES: 355

FAT: 8g

CARBS: 47g

PROTEIN: 23g