



# Turkey Tostadas

**Makes:** 4 servings

## Ingredients

**2 cups** cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)

**2 tablespoons** taco seasoning (chili)

**1 1/2 cups** water

**4** corn tortillas

**1/4 cup** refried beans (low-fat or fat-free)

**1/4 cup** Cheddar or Monterey Jack cheese (shredded, low-fat)

**1/2 cup** tomatoes (chopped)

**1/2 cup** lettuce (shredded)

**2 tablespoons** onion (chopped)

**8 tablespoons** taco sauce (1/2 cup)

plain yogurt (low-fat or fat-free optional)

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>209</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	48 mg
<b>Sodium</b>	<b>535 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>24 g</b>
Vitamin D	0 mcg
Calcium	75 mg
Iron	2 mg
Potassium	473 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
Vegetables	1/2 cup
Grains	1 ounce
Protein Foods	2 1/2 ounces

### MyPlate Food Groups

guacamole (or mashed avocado optional)

## Directions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

## Notes

Recipe analysis includes light meat turkey without skin.

UMass Extension Nutrition Education Program, CHOICES Steps Toward Health