

# a M'Asian Taco

**Makes:** 6 Servings

## Ingredients

- 18 ounces** Raw 90% lean ground turkey
- 1 1/2 cups** shredded carrots
- 3 cups** Bok Choy cut into bite size pieces
- 1/4 cup** scallions
- 2 cloves** Fresh garlic, minced
- 1 teaspoon** Fresh ginger, minced
- 1/4 pound** Dry thin whole wheat spaghetti
- 2 teaspoons** Oil, vegetable
- 6** Taco bowls
- 1 4/5 ounces** Low Sodium Soy Sauce
- 1/2 teaspoon** black pepper



## Directions

1. Peel and chop garlic and ginger very fine (in a buffalo chopper or cuisinart). Dice the scallions after washing. Wash the Bok Choy and remove the end of the large white stem. Cut the rest of the Bok Choy in bite size pieces.
2. Mix water with corn starch (if making a recipe for over 50 servings). Set aside corn starch slurry and prepared vegetables.
3. In a large (40 gallon) kettle, add whole grain wheat spaghetti to boiling water and cook for 5 minutes. Drain the water, chill and set aside. Add the vegetable oil to a braising pan and bring the temperature to 350 degrees Fahrenheit, add ginger, garlic, and scallions and sweat for 2 minutes.
4. Add ground turkey, and cook thoroughly (approximately 10 minutes). Add Bok Choy, shredded carrots and continue to cook (5 minutes).
5. Add noodles and mix with all other ingredients. Add soy sauce and pepper to season. Place the finished

lo-mein product in a hotel pan and put in warmer for serving. Place the taco shells in a hotel pan and put in the oven at 140 degrees Fahrenheit for 5 minutes.

6. Set up the line with taco shells and lo-mein noodles and fill the shells for serving.

## Notes

Serving Size: 1 taco

Serving Tips: This recipe is very versatile. Depending on availability of produce, the bok choy can be replaced with kale or collard greens. If no greens are available double up on the carrots.