Knife and Fork Turkey-Corn Tortillas

SERVES 1

PREP TIME 10 Minutes

COOK TIME 4 Minutes

SERVING SIZE 2 tortillas

3 ounces lean ground turkey

1/3 cup frozen corn kernels, thawed

1/2 teaspoon ground cumin

2 tablespoons medium picante sauce, divided use

1 tablespoon chopped fresh Cilantro\*

2 (6-inch) corn tortillas

1/2 cup shredded romaine lettuce

3 tablespoons shredded, reduced-fat sharp cheddar cheese

1/2 lime, halved

1. Heat a small nonstick skillet over medium-high heat. Cook turkey 2–3 minutes or until no longer pink, add corn and cumin, and cook 1 minute to heat through.

2. Remove from heat, and stir in 1 tablespoon picante sauce and cilantro.

3. Warm tortillas according to package directions and place on a dinner plate, overlapping slightly. Spoon turkey mixture over tortillas; top with lettuce, cheese, and remaining 1 tablespoon picante sauce. Serve with lime wedges.

\*COOK’S NOTE: Store unwashed cilantro in a glass or jar of water (as you would a bunch of flowers), but store in the refrigerator. Be sure to rinse sprigs well before using.

CHOICES/EXCHANGES

2 Starch, 1 Nonstarchy Vegetable, 3 Lean Protein

CALORIES: 330

CALORIES FROM FAT: 70

TOTAL FAT: 8 g

SATURATED FAT: 4.5 g

TRANS FAT: 0 g

CHOLESTEROL: 50 mg

SODIUM: 470 mg

POTASSIUM: 173 mg

TOTAL CARBOHYDRATE: 37 g

DIETARY FIBER: 5 g

SUGARS: 5 g

PROTEIN: 30 g

PHOSPHORUS: 41 mg