



Tiny Turkey Taco Salads



1/12 of recipe (1 taco salad): 65 calories, 2g total fat (1g sat. fat), 151mg sodium, 6g carbs, 0.5g fiber, 1g sugars, 5.5g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

12 square wonton wrappers
6 oz. raw extra-lean ground turkey (at least 98% lean)
2 tsp. [taco seasoning](#)
1 1/2 cups shredded lettuce
1/2 cup shredded reduced-fat Mexican-blend cheese
6 tbsp. [black bean and corn salsa](#)
1/4 cup light sour cream
1 oz. (about 2 tbsp.) chopped avocado
Optional toppings: chopped tomatoes, olives, fresh cilantro

Directions

Preheat oven to 350°F. Spray [a 12-cup muffin pan](#) with nonstick spray.

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Let cool completely, about 10 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add turkey and taco seasoning. Cook and crumble until fully cooked, about 4 minutes.

Evenly fill each wonton cup in this order: 2 tbsp. lettuce, 1 tbsp. seasoned turkey, 2 tsp. cheese, 1 1/2 tsp. salsa, 1 tsp. sour cream, and a bit of avocado.

MAKES 12 SERVINGS

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