



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Taco Tuesday or All Week Menu Ideas

You can't go wrong when you create a DIY Taco Bar.

Serve a variety of bases, proteins, produce and toppings to allow for varied flavor preferences.

Whether you serve it for one meal or as a convenient menu of dinners throughout the week, prepping once and eating many times could save a lot of time and money.

HealthyFamilyProject.com suggests a Taco Bar with:

- 2-3 Bases
- 2-3 Proteins
- 3-4+ Produce
- 2-3+ Toppings

BUILD YOUR OWN TACO BAR



COVER YOUR BASES (2-3)



Small Tortillas



Hard Taco Shells



Lettuce Wraps



Baked Taco Bowls



Tortilla Chips

PICK YOUR PROTEINS (2-3)



Grilled Chicken



Ground Beef/Turkey



Carnitas



Came Asada



Fish



Shrimp



Tofu



Black Beans



Refried Beans



Lentils

Turkey and Mushroom Tacos

Ingredients:

- 1 Tbsp. chili powder
- 1 Tbsp. Italian seasoning
- 1-1/2 tsp. cumin
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 Tbsp. olive oil
- 8 oz. finely chopped mushrooms
- 1 lb. lean ground turkey
- 12 whole-wheat tortillas warmed

Directions:

1. Combine chili powder, Italian seasoning, cumin, salt, and pepper in small bowl. Set it aside.
2. Heat oil in a large skillet over medium heat. Add mushrooms and cook for 5 minutes, or until brown. Add turkey and cook 5-7 minutes, or until cooked thoroughly. Add seasoning and 3 Tbsp. water to the pan. Cook for 2-3 minutes.
3. Top tortillas with turkey and with your favorite taco toppings (lettuce, tomato, salsa, avocado slices, guacamole, shredded cheese, and Greek yogurt or sour cream).



Recipe and image courtesy of HealthyFamilyProject.com.

