

A close-up photograph of several tacos on a white plate. The tacos are made with a golden-brown, crispy cheese shell. They are filled with a mixture of ingredients including diced red tomatoes, yellow corn kernels, green onions, and fresh green herbs. A white banner with red text is overlaid in the center of the image.

CHEESE SHELLLED TACOS & SALSA

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by Katie **Burgauer**



Prep time: 15 Minutes

Cook time: 15 Minutes

Servings: 4 People

INGREDIENTS:

For the shell

1/3 cup mexican blend cheese (per shell)

1 lb ground turkey

2 tbsp. taco seasoning

pinch of garlic salt

spring mix to taste

green onion to taste

For the salsa

10 Snacking Tomatoes

1 small red onion

1 lime

1/2 cup frozen corn

1 small avocado

pinch of garlic salt

DIRECTIONS:

For the shell

Preheat oven to 400 degrees and line baking sheet with parchment paper.

Make cheese piles 2 inches apart and then flatten.

Bake for 15 minutes – keep an eye on them once edges are golden brown.

Let cheese cool and fold over a wooden spoon to form taco shells.

Let cheese shells sit for 10 minutes.

Brown ground turkey over medium heat. Mix in taco seasoning and garlic salt.

Stuff cheese shells with turkey.

Top with spring mix, salsa and diced green onion.

For the salsa

Slice snacking tomatoes, purple onions and avocado.

Mix together with lime juice, corn and garlic salt.

For recipe ideas visit naturefresh.ca
Check out Katie on instagram: [@kburg21](https://www.instagram.com/kburg21)