

# Cheese SHELLED TACOS & SALSA

by  
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## Nutrition Facts

Serving Size (315g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 470	Calories from Fat 290		
		% Daily Value*	
<b>Total Fat</b> 32g		<b>49%</b>	
Saturated Fat 11g		<b>55%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 125mg		<b>42%</b>	
<b>Sodium</b> 490mg		<b>20%</b>	
<b>Total Carbohydrate</b> 16g		<b>5%</b>	
Dietary Fiber 5g		<b>20%</b>	
Sugars 4g			
<b>Protein</b> 30g			
Vitamin A 30%		Vitamin C 40%	
Calcium 30%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



**Prep time:** 15 Minutes  
**Cook time:** 15 Minutes  
**Serves:** 4 People

## INGREDIENTS:

### For the shell:

- **1/3** mexican blend cheese (per shell)
- **1 lb** ground turkey
- **1 tbsp.** taco seasoning
- pinch of water
- 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](http://naturefresh.ca)  
Check out Katie on instagram: [@kburg21](https://www.instagram.com/kburg21)