



Nutrition For Active Families



Try Turkey For Taste And Variety

(NAPSA)—Whether it's due to a new year, a milestone birthday or the start of swimsuit season, many of us have resolved at one point or another to eat a more balanced diet. In most cases, we stick to our plans for a little while—but find that keeping such resolutions while maintaining a fast-paced family schedule can be challenging.

According to Josie LeBalch, executive chef of the popular Los Angeles restaurant, *Josie*, it doesn't have to be hard (or boring) to adhere to your healthy meal mantra. Doing simple things, such as adding turkey to your family mealtime menus, can incorporate both variety and flavor into a nutritious diet.

"Making turkey a regular option in your rotation of meal plans is smart," said LeBalch. "Turkey is lean and low in fat. And, it's a great source of protein that can be used in virtually any dish that calls for meat."

From flavored ground turkey to marinated tenderloins and roasts, you can choose from a wide variety of delicious turkey products. "Think about turkey in a pasta dish, for example," said LeBalch. "Jennie-O Turkey Store offers lemon garlic flavored turkey tenderloins that can be quickly mixed with vegetables and pasta to create a great-tasting fettuccine that's perfect for family or guests."

Tantalizing Turkey Tacos are another easy, low-fat favorite (see recipe from Jennie-O Turkey Store). You'll save calories—but won't skimp on flavor.



Terrific turkey tacos can make any meal a fiesta of flavor.

Tantalizing Turkey Tacos from Jennie-O Turkey Store

Ingredients:

- 1 tablespoon vegetable oil
 - 1 medium onion, chopped
 - 1 green bell pepper, chopped
 - 3 cloves garlic, minced
 - 1 package Jennie-O Turkey Store™ Lean Ground Turkey
 - 1 tablespoon chili powder
 - 1 teaspoon ground cumin
 - $\frac{3}{4}$ teaspoon salt
 - $\frac{3}{4}$ cup prepared salsa
 - 12 taco shells or soft flour tortillas
 - $1\frac{1}{2}$ cups (6 oz.) shredded cheddar or Monterey Jack cheese
 - $1\frac{1}{2}$ cups shredded lettuce
 - 1 cup chopped tomato
- Optional toppings:** sour cream, chopped cilantro, diced avocado, additional salsa

Directions:

Heat oil in a large skillet over medium-high heat. Add onion, green pepper and garlic; cook 4 minutes, stirring occasionally. Crumble turkey into skillet; sprinkle with chili powder, cumin and salt. Cook 5 minutes or until turkey is no longer pink, stirring frequently. Add salsa; simmer 10 to 12 minutes or until sauce thickens. Spoon $\frac{1}{3}$ cup mixture into each taco shell; top with cheese, lettuce and tomato. Serve with desired toppings. Makes 6 servings.

For more tasty turkey recipes that will help you make breakfast, lunch, dinner and snacks more nutritious all year long, visit www.jennieoturkeystore.com. Jennie-O Turkey Store products are available at supermarkets nationwide.