

# THE CULINARY

*Playground*



## Turkey Taco Cups

*2 servings*

- 1 T vegetable oil
- 2 - flour fajita tortillas
- 1/4 c ground turkey, cooked
- 1/8 c onion, chopped and sauteed until translucent
- 1/8 c red pepper, finely chopped and sauteed until soft
- 1/2 T taco seasoning
- 1/8 c diced, roasted tomatoes
- 1/8 c black beans, drained and rinsed
- 1/8 c corn
- 1/8 c mexican cheese blend
- 1/2 T cilantro, chopped

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Preheat the oven to 400 degrees.

Brush oil in four of the muffin cavities.

Fit the tortilla into 2 of the muffin cavities and bake for 6 minutes.

While tortillas bake, measure and mix the cooked ground turkey, cooked onion & red pepper, taco seasoning, roasted tomatoes, black beans and corn into a small bowl. Mix well.

Remove tortillas from the oven and let cool until safe to handle. Spoon mixture into each of the 2 tortilla shells (leaving in the pan). Top each of the filled cups with a bit of shredded cheese. Bake 7-9 more minutes, until the cheese is melted and mixture is cooked through.

Remove and let cool. Sprinkle with fresh cilantro and serve with desired condiments (sour cream, guacamole, hot sauce, etc.).