One Skillet Spaghetti

1 pound ground turkey
2 medium onions, chopped
1 package spaghetti (7 ounces)
1 can (28 oz) diced tomatoes, undrained
3/4 cup chopped green pepper, optional
(frozen is easier and faster)
2 cups water
1 (8 oz) can sliced mushrooms, drained
1 teaspoon chili powder
1 teaspoon oregano
1 teaspoon sugar
1 teaspoon salt
1 cup shredded mozzarella cheese

In a large skillet (12") with lid, brown turkey and onions, drain off grease. Stir in uncooked spaghetti and the next 8 ingredients, bring to a boil. Reduce heat, cover and simmer for 30 minutes or until the spaghetti is tender. Sprinkle with cheese; cover and heat until cheese is melted.

Turkey Tacos

1 lb. ground turkey
1 (8oz.) can tomato sauce
1 tsp. chile powder
1/2 tsp. cumin
1/2 tsp. oregano
1/4 tsp. garlic powder
8 taco shells, hard or soft (flour)
4 oz. shredded cheese
1 cup shredded lettuce
1/4 cup taco sauce

Brown ground turkey and drain off grease. Add tomato sauce, chile powder, cumin, oregano and garlic powder. Simmer 5 minutes. Spoon beef mixture into hard or soft taco shells. Top with shredded cheese, lettuce and taco sauce.
### Nutrition Facts

**Servings Per Recipe**: 4-6  
**Amount Per Serving**  

- **Calories**: 507  
- **Total Fat**: 15g  
- **Vitamin A**: 16%  
- **Calcium**: 34%  
- **Sodium**: 977mg  
- **Vitamin C**: 97%  
- **Iron**: 27%  

* * Percentage Daily Values

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**Servings Per Recipe**: 8 (8 tacos)  
**Amount Per Serving**  

- **Calories**: 265  
- **Total Fat**: 15g  
- **Vitamin A**: 11%  
- **Calcium**: 14%  
- **Sodium**: 415mg  
- **Vitamin C**: 7%  
- **Iron**: 10%

* * Percentage Daily Values

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