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
- 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

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 (8 oz.) can tomato sauce
- 1 tsp. chili 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

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<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
<td>15g</td>
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<tr>
<td>*Vitamin A</td>
<td>16%</td>
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<tr>
<td>*Calcium</td>
<td>34%</td>
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**Calories**: 27% of total calories from fat

**Total Fat**: Sodium 977mg

**Vitamin A**: 97%

**Calcium**: 27%

**Percentage Daily Values**

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**Nutrition Facts**

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

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<thead>
<tr>
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<tbody>
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**Calories**: 51% of total calories from fat

**Total Fat**: Sodium 415mg

**Vitamin A**: 7%

**Calcium**: 10%

**Percentage Daily Values**