## **Turkey Salsa Bowls** with Tortilla Wedges

Ingredients:

- 1 pound lean ground turkey
- 1/2 cup chopped sweet pepper
- 1/4 cup thinly sliced celery
- · 2 green onions, chopped
- 1 jar (16 ounces) medium salsa
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 cup uncooked instant brown rice
- 1 cup water
- 4 whole wheat tortillas (8 inches)
- 1 tablespoon canola oil
- 8 cups torn romaine (about 1 head)

Optional toppings:

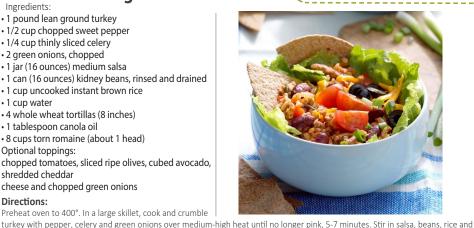
chopped tomatoes, sliced ripe olives, cubed avocado, shredded cheddar

cheese and chopped green onions

## Directions:

Preheat oven to 400°. In a large skillet, cook and crumble

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water; bring to a boil. Reduce heat; simmer, covered, until liquid is absorbed, about 15 minutes. Brush both sides of tortillas with oil; cut each into eight wedges. Arrange in a single layer on a baking sheet. Bake until lightly browned, 8-10 minutes. To serve, divide lettuce among eight bowls: top with turkey mixture. Serve with tortilla wedges and toppings as desired.

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CONTACT KAILAH TODAY FOR ANY DIETARY NEED.