

# 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 turkey with pepper, celery and green onions over medium-high heat until no longer pink, 5-7 minutes. Stir in salsa, beans, rice and 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.

Kailah Haag, Licensed Registered Dietitian | Email: [khaag@dickinsonparks.org](mailto:khaag@dickinsonparks.org) | Phone: 701.290.2275

West River Community Center, 2004 Fairway Street, Dickinson, ND 58601

**CONTACT KAILAH TODAY FOR ANY DIETARY NEED.**

**WRCC** | **RECIPE**  
BY KAILAH

