

Mark's Kitchen

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Leafy Green Turkey Tacos

Ready in: 20 minutes

Serves: 4

It's week two of our six-week series of healthy, brain-boosting recipes to celebrate the upcoming debut of my new docuseries, [Broken Brain!](#) Today's recipe comes from one of our guest experts in Broken Brain, [Dr. Terry Wahls](#). Dr. Wahls was diagnosed with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Using a diet and lifestyle program she designed specifically for her brain, Dr. Wahls restored her health and now pedals her bike to work each day. Today we get to share one of her delicious brain-boosting recipes with you.

This recipe isn't a typical skillet recipe. Instead of preparing your greens with the other ingredients in a stockpot or large skillet, you use the greens as a taco "shell". Butter lettuce and Boston lettuce, or other greens like mature curly kale or collard leaves, all work well. Let's dig in!

Ingredients:

- 2 tablespoons grass-fed ghee
- 1 pound ground organic ground turkey
- 1 tablespoon [taco seasoning](#)
- 3 cups thinly sliced bell peppers (any color will do)
- 3 cups thinly sliced yellow onions
- 3 garlic cloves, minced

- 8 large lettuce, kale, or collard leaves
- 1/2 cup chopped fresh cilantro
- salsa and/or guacamole to taste

Step 1: Heat the ghee in a stockpot or large skillet over medium-high heat.

Step 2: Add the ground turkey, taco seasoning, bell peppers, onions, and garlic.

Step 3: Cook until turkey is browned and the vegetables are tender, 10 to 12 minutes. (Cooking tip: You don't need to add water or broth to the fat when you are cooking the meat for this meal.)

Step 4: Serve the cilantro on the side or stir it directly into the skillet.

Step 5: Divide the taco filling among eight large leaf wraps.

Step 6: Add salsa and/or guacamole.

Step 7: Roll up or fold and enjoy! Alternatively, serve the filling on a bed of greens as a taco salad.

Nutritional analysis per serving (one-half of the recipe): calories 324, fat 19 g, protein 24 g, carbohydrate 13 g, sodium 725 mg