

Chicken

Southwest Tortilla-Turkey Skillet

Taste of Home One -Dish Meals

Servings: 2

1/2 pound ground turkey
3/4 cup black beans, rinsed and drained
1/2 cup water
1/3 cup ripe olives, sliced
2 tablespoons taco seasoning mix
1 tablespoon juice from pickled jalapeno slices
1 10-inch flour tortilla, cut into 1-inch pieces
1/2 cup Mexican cheese blend, shredded
2 tablespoons pickled jalapeno slices
2 tablespoons sour cream

In a large skillet, cook the turkey over medium heat until no longer pink; drain. Stir in the beans, water, olives, taco seasoning and jalapeno juice. Bring to a boil. Reduce the heat; simmer, uncovered, for 6 to 7 minutes or until thickened.

Stir in the tortilla. Sprinkle with cheese and the jalapeno. Remove from the heat and cover for 1 to 2 minutes or until the cheese is melted.

Serve with sour cream.

Per Serving (excluding unknown items): 599 Calories; 18g Fat (27.5% calories from fat); 39g Protein; 69g Carbohydrate; 13g Dietary Fiber; 96mg Cholesterol; 684mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.