



# TIPS & TRICKS

## Taco Pie

### Nutrition

- This dish is an example of a balanced MyPlate meal. The onion, tomato sauce, and beans represent the vegetable food group. Ground turkey and beans are part of the protein food group. Dairy is included from the cheese and the whole-wheat tortillas are part of the grains group. Serve this dish with fruit for dessert and all of the food groups are covered. When eating a balanced MyPlate meal, pay attention to how it makes you feel. Eating balanced meals helps keep you feeling fuller for a longer period of time. See if this taco pie does just that!

### Cooking Tips

- Add more veggies to this meal by including a mixed variety of frozen vegetables such as bell peppers, zucchini, and mushroom.
- With all recipes, think about ways to change the dish that would make your family most likely to eat it. For this recipe, serve it with typical taco toppings so everyone can customize their own serving to their liking.
- Make this dish meatless by using a second can of black beans and omitting the ground turkey or beef.
- You can use an 8-by-8-inch square baking dish if a round baking dish is not available.
- To easily scoop the meat mixture from the pan to the baking dish, consider using a dry measuring cup.

### Teaching Points

- Use this recipe with the HCEB lesson on Food Safety. The cooking skill for the lesson is focused on safely preparing meat, poultry, and fish.
- For other lessons and topics, it can be an important teaching point when discussing proteins, choosing low-sodium ingredients for recipes, and getting enough iron.
- Be sure to demonstrate how to correctly use a food thermometer while preparing the recipe to show the ground turkey is cooked thoroughly.
- Recipes that use canned and packaged foods often have a lot of sodium. Point out the use of no-salt-added and low-sodium ingredients when demonstrating this recipe.
- This is a kid-friendly recipe! Teach this to youth groups.



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