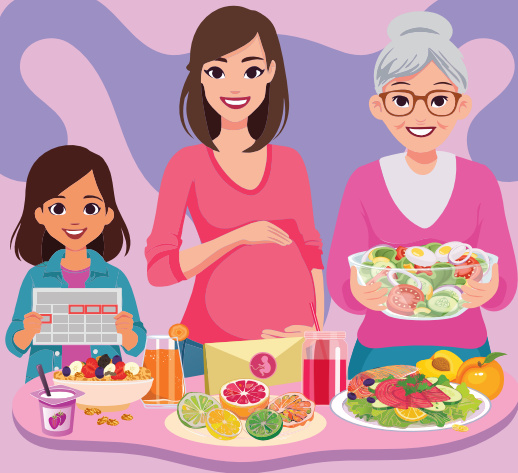


HONOR LIFE

FOCUS
OF THE
MONTH

'Romaine'
nourished through
every phase

Support women's health by understanding their unique nutritional needs at every life stage — menarche, preconception, pregnancy, menopause, and healthy aging.



**For more information, you can contact the Medical
Nutrition Therapy Department at 928-729-8461**



TACO LETTUCE WRAPS

INGREDIENTS

- 1 pound ground turkey
- 1 (16 ounce) package frozen corn
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (1 ounce) package taco seasoning mix
- 6 romaine leaves, or as needed, rinsed and dried



INSTRUCTIONS

1. Heat a large nonstick skillet over medium-high heat. Cook and stir ground turkey in the hot skillet until browned and crumbly, 5 to 7 minutes. Stir in corn, black beans, diced tomatoes, and taco seasoning. Bring to a simmer and cook until heated through, 10 to 12 minutes.
2. Lay lettuce leaves on a flat surface and fill with turkey and bean mixture.