The BEST Ground Turkey Tacos from scratch for a healthy, quick and easy taco dinner the whole family will love! This is the best turkey taco recipe, it’s my go-to for taco nights! While traditional tacos typically use beef or pork, ground turkey tacos are a much leaner alternative without sacrificing flavor. It’s delicious and so versatile. I use my homemade taco seasoning, which is easy to adjust to your liking, with no added artificial ingredients. Serve it on corn or flour tortillas for tacos, or check out my original low-carb turkey taco lettuce wraps. This recipe will help you make the best ground turkey tacos at home for Taco Tuesday, Cinco De Mayo or any night of the week! Here’s what you’ll need for this turkey taco recipe (see exact measurements in the recipe card below): This is my foolproof method for making the best tasting turkey tacos! Here are some side dish ideas to pair with these healthy ground turkey tacos to complete your meal: I usually double the turkey recipe and use the rest for another recipe like these meximelts. Ground turkey tacos can be healthier than beef tacos. It all depends on the fat content. I use 93% ground turkey, which means it’s 93% lean with 7% fat. It still has flavor and won’t be dry, but it is lower in calories than other varieties, like 85%. If you use lean 93% beef, the nutritional information is very similar to 93% turkey. Like any protein, ground turkey must be well seasoned to taste good. I generously season the meat with homemade taco seasoning and add aromatics like garlic, onion, and bell pepper. The ground turkey simmers in tomato sauce and water, which prevents it from drying out and infuses it with flavor. Turkey taco meat is perfect for meal prep since it freezes well. Double this recipe, freeze half, and thaw it in the refrigerator overnight for a quick dinner when you don’t have time to cook. For best results, eat it within 3 months. Post a pic and mention @skinnytaste or tag #skinnytaste! Subscribe to my weekly email newsletter for a FREE and you'll get the latest meal ideas & new recipes every week! Please check the following to indicate you would like to receive emails from Skinnytaste. We use Mailchimp as our marketing platform. By clicking below to subscribe, you acknowledge that your information will be transferred to Mailchimp for processing. Learn more about Mailchimp's privacy practices here. You can unsubscribe at any time by clicking the link in the footer of our emails. Stay up to date wherever you are!