

# TURKEY TACO STUFFED AVOCADO, PICO DE GALLO, CHEDDAR FIT

**Serving size: 1 each**

**Makes 8 servings**

## **TURKEY TACO MEAT**

- 1.5 lb ground turkey, 93% lean
- 3 oz Onion, finely diced
- 1 clove Garlic, chopped
- 1 tsp Jalapeno, chopped
- 1 ¾ tsp Chili Powder
- ¾ tsp Cumin
- ½ tsp Black Pepper
- 1 cup Crushed Tomatoes, 1 ¾ tsp Cilantro, chopped

## **PICO DE GALLO**

- 3 oz Tomatoes, diced
- ¾ oz White Onion, diced
- Pinch Cilantro, chopped
- Pinch Garlic, chopped
- Pinch Jalapeno, diced
- Pinch Kosher Salt
- Pinch Black Pepper
- 1 tsp Lime Juice, fresh

## **CILANTRO LIME CREAM**

- 6 TBSP Sour Cream
- 1 TBSP Lime Juice
- 1 tsp Lime Zest
- 1 tsp Cilantro, chopped

## **ASSEMBLE**

- 4 each Avocado
- 1 TBSP Canola Oil
- ¼ tsp Kosher Salt
- Pinch Black Pepper
- 2 tsp Lime Juice, fresh
- ½ cup Cheddar Cheese, shredded

## **Preparation:**

### **Turkey Taco Meat**

1. In hot skillet, cook turkey until cooked throughout (165°F). Remove and drain off excess fat.
2. Add onions, garlic and jalapenos to cooked turkey and continue to cook for 5 minutes. Add chili, cumin and pepper. Cook until fragrant, about 2 minutes.
3. Add tomatoes and simmer for about 30 minutes. Fold in cilantro.

### **Pico de Gallo**

1. Toss together tomatoes, onions, cilantro, garlic, jalapeno, salt, pepper and lime juice. Refrigerate until needed.

### **Cilantro Lime Sour Cream**

1. Combine sour cream, lime juice, lime zest, and cilantro. Mix to incorporate.

### **Assemble Stuffed Avocado**

1. In a bowl whisk together oil, salt, pepper and lime juice.
2. Cut avocados in half. Discard pits but do NOT peel; leave skin intact. Cut a sliver of the skin off the bottom of each half so each avocado half sits flat without rolling over.
3. Brush avocados with oil/lime juice mixture. Grill avocado halves on a preheated grill just to mark them (optional).
4. Top each avocado HALF with 1/3 cup turkey taco meat and 1 TBSP cheddar.
5. Place avocado in 350°F oven to melt the cheese and heat the taco meat through.
6. Top each stuffed avocado half with 1 TBSP cilantro sour cream and 2 tsp pico de gallo.



## **NUTRITION FACTS PER SERVING**

<b>calories</b>	290
<b>total fat (g)</b>	21
saturated fat (g)	5
trans fat (g)	0
<b>sodium (mg)</b>	260
<b>total carbohydrate (g)</b>	11
dietary fiber (g)	5.5
sugar (g)	3
<b>protein (g)</b>	18