

Turkey Taco Stuffed Avocado, Pico de Gallo, Cheddar FIT

Portion Size: 1 each

Yield: 4 servings



Turkey Taco Meat	1-1/3 cup
Pico de Gallo	1/4 cup
Cilantro Lime Sour Cream	4 tbsp
Avocado	2 each
Canola oil	1-3/4 tsp
Kosher salt	1/8 tsp
Black pepper	1/8 tsp
Lime juice	1 tsp
Cheddar, shredded	1/4 cup

1. Prepare Turkey Taco Meat according to recipe. Hold hot.
2. Prepare Pico de Gallo and Cilantro Lime Sour Cream according to their recipes. Hold cold.
3. Cut avocados in half. Discard pits (DO NOT PEEL; leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocado's sit flat, instead of tilting once they are stuffed.
4. Mix together oil, salt, pepper, and lime juice. Brush avocados with oil/lime juice mixture. Grill avocado halves on a preheated grill just to mark them.
5. Fill each avocado *half* with 1/3-cup turkey taco meat, top with 1 tbsp. cheddar.
6. Place avocado in 350°F oven to melt cheese and heat taco meat through. Top each stuffed avocado *half* with 1 tbsp. cilantro sour cream and 2 tsp. Pico de Gallo.

Nutrition Info (per serving): Cal: 290, Total Fat: 21g, Sat Fat: 5g, Sodium: 255mg, Carbs: 11g, Protein: 18g, Sugar: 3g, Fiber: 5.5g

Food by FLIK

Turkey Taco Meat

Portion Size: 1/2 cup

Yield: 4 servings

Turkey, ground, 93% lean	15 oz
Yellow Onions, diced	2 oz
Garlic, chopped	1/3 oz
Jalapeno, chopped	1/3 oz
Chili Powder	1 tsp
Cumin	1/2 tsp
Black Pepper	1/4 tsp
Tomatoes, crushed	2/3 cup
Cilantro, chopped	1 tsp

1. In a hot skillet, heat turkey until cooked throughout. Drain off any excess fat.
2. Add onions, garlic and jalapenos to cooked turkey and continue to cook for 5 minutes more.
3. Add chili, cumin and pepper. Cook for 2 minutes more.
4. Add tomatoes and simmer for about 30 minutes. Fold in cilantro.

Pico De Gallo

Portion Size: 1/4 cup

Yield: 8 servings

Tomatoes, fresh, diced	10 oz
Yellow Onions, diced	3 oz
Cilantro, chopped	1/8 oz
Garlic, chopped	1/8 oz
Jalapeno, diced	1/8 oz
Lime Juice	1 tbsp, 1 tsp
Sugar, granulated	1 tsp
Kosher Salt	1/4 tsp
Black Pepper	1/8 tsp

Toss together tomatoes, onions, cilantro, garlic, jalapeno, lime juice, sugar, salt and pepper. Refrigerate.

Cilantro Lime Sour Cream

Portion Size: 1 tbsp

Yield: 4 servings

Sour Cream	3 tbsp, 1-1/2 tsp
Lime Juice	1-1/2 tsp
Lime Zest	3/4 tsp
Cilantro, chopped	3/4 tsp

Mix together all ingredients. Hold cold.

Food by FLIK

Caprese Stuffed Avocado FIT

Portion Size: 1 each

Yield: 4 servings



Balsamic Reduction	1-1/2 tbsp	Mozzarella Cheese, diced	3 oz
Avocado	2 each	Grape Tomatoes, halved	8 oz
Lemon Juice	1 tsp	Basil, chiffonade	3 tbsp
Canola Oil	1-3/4 tsp	Extra Virgin Olive Oil	1 tbsp
Kosher Salt	1/8 tsp	Kosher Salt	1/2 tsp
Black Pepper	1/8 tsp	Black Pepper	1/4 tsp

1. Prepare balsamic vinegar reduction: Pour balsamic vinegar into a saucepan and bring to boil. Reduce heat to simmer and cook until volume reduced by half (1 quart will reduce to 2 cups).
2. Cut avocados in half. Discard pits (DO NOT PEEL; leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocado's sit flat, instead of tilting once they are stuffed.
3. Mix together lime juice, oil, salt, and pepper. Brush avocados with oil/lime juice mixture. Chill avocados.
4. In a bowl, mix mozzarella, tomatoes, basil, olive oil, salt and pepper.
5. In each *half* of a prepared avocado, place 1/2 cup caprese salad mixture. Drizzle each portion with 1 tsp balsamic vinegar reduction.

Nutrition Info (per serving): Cal: 230, Total Fat: 19g, Sat Fat: 4.5g, Sodium: 455mg, Carbs: 10g, Protein: 6.5g, Sugar: 4g, Fiber: 5g

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