

TURKEY TACO STUFFED AVOCADO, PICO DE GALLO, CHEDDAR FIT



Registered Dietitian Approved!

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 ¼ tsp Chili Powder
- ¼ tsp Cumin
- ½ tsp Black Pepper
- 1 cup Crushed Tomatoes, 1 ¼ tsp Cilantro, chopped

PICO DE GALLO

- 3 oz Tomatoes, diced
- ¼ 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.



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NUTRITION FACTS PER SERVING

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