



Turkey Taco Stuffed Avocados

PREP TIME: 5 mins

COOK TIME: 20 mins

TOTAL TIME: 25 mins

Ingredients:

- 4 small avocados
- 1 small lime
- Cooking spray
- 1/2 pound 93% lean ground turkey
- 1/4 small yellow onion
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon chili powder
- 1/4 teaspoon dried oregano
(Or taco seasoning if you don't have spices)
- 2 tablespoons water
- 1/2 cup shredded Mexican cheese
- 1/4 cup diced cherry tomatoes
- Sour cream or Greek yogurt (optional for topping)

To prepare:

- 1) Halve and pit avocados. Using a spoon, scoop out a some of the avocado, to make a larger well.
- 2) Dice reserved avocado and set aside for later. Squeeze lime juice over all avocados to prevent browning.
- 3) Heat a medium skillet over high heat and spray with oil.
- 4) When hot, add the ground turkey, spices and onion and cook – breaking up the meat with a wooden spoon – until the meat is cooked through and no longer pink.
- 5) Fill each avocado half with turkey, then top with cheese, reserved avocado, tomato, and Greek yogurt or sour cream, if desired. Eat with a spoon!