

# Turkey Taco-Stuffed Avocados

**Yield:** 4 servings (2 halves)

## Ingredients

- 4 small avocados, yields 16 oz fruit
- 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
- 1/4 cup canned tomato sauce
- 2 tablespoons water

*For serving*

- 1/2 cup part-skim shredded Mexican cheese
- 1/4 cup diced cherry tomatoes
- Sour cream or Greek yogurt, optional for topping



*Adapted from  
Skinnytaste.com  
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## Preparation

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, spray with oil.
4. When hot, add the ground turkey, spices and onion and cook, breaking up the meat with a wooden spoon, 5 minutes.
5. Add tomato sauce, water and cook, stirring until cooked through, about 6 to 8 minutes. Remove from heat.
6. 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!

## Nutritional Information: Amount per serving

- Calories: 422
- Protein: 28g
- Sodium: 656mg
- Calories from fat: 60%
- Carbohydrate: 16g
- Sugar: 1g
- Fat: 28g
- Fiber: 8g
- Saturated fat: 6g
- Cholesterol: 90mg