BODYELITEFIT

TURKEY AREPAS

NUTRITION PER SERVING:

CALORIES	282
PROTEIN	21 G
CARBOHYDRATE	27 G
TOTAL FAT	10 G

PREP TIME:	15 MINUTES
COOK TIME:	20 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	2 FILLED AREPAS

INGREDIENTS:

1½ C	YELLOW AREPA FLOUR (SUCH AS P.A.N. OR MASAREPA)
1 TSP	SALT, DIVIDED
2 C	HOT WATER
2 TBSP	CANOLA OIL, DIVIDED
1 C	FINELY CHOPPED ONION
1 C	FINELY CHOPPED GREEN BELL PEPPER
2 TSP	MINCED SEEDED JALAPEÑO PEPPER
½ TSP	CUMIN SEEDS
2	GARLIC CLOVES, MINCED
2 C	CHOPPED LEFTOVER COOKED TURKEY BREAST
¼ CUP	CHOPPED FRESH CILANTRO
½ TSP	FRESHLY GROUND BLACK PEPPER
3 OZ	SHREDDED REDUCED-FAT SHARP WHITE CHEDDAR CHEESE

01 Preheat oven to 400°

02 Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and 1/2 teaspoon salt; stir well. Add 2 cups hot water; stir until wellcombined and smooth. Let stand 10 minutes. Divide dough into 12 equal portions, shaping each into a ball. (Dough should be moist.) Working with 1 portion at a time, roll each portion into a 3-inch circle (about 1/2 inch thick).

03 Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat. Add 6 arepas to pan; cook 2 minutes on each side or until browned and crisp. Place on a baking sheet. Repeat procedure with 1 1/2 teaspoons oil and remaining arepas. Bake at 400° for 20 minutes or until arepas sound hollow when lightly tapped.

04 Heat remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add onion and bell pepper; cook 5 minutes, stirring occasionally. Add jalapeño, cumin seeds, and garlic; cook 2 minutes, stirring occasionally. Stir in remaining 1/2 teaspoon salt, turkey, cilantro, and black pepper; cook 1 minute. Remove from heat; stir in cheese.

05 Remove arepas from oven; let stand 2 minutes. Cut a 3-inch pocket in the side of each arepa; spoon turkey mixture into arepas.

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