



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:

- 1 ½ 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



TURKEY AREPAS

- 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.

