

**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



# 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.

