



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"

### NUTRITION PER SERVING:

<b>CALORIES</b>	282
<b>PROTEIN</b>	21 G
<b>CARBOHYDRATE</b>	27 G
<b>TOTAL FAT</b>	10 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	20 MINUTES

<b>YIELD:</b>	6 SERVINGS
<b>SERVING SIZE:</b>	2 FILLED AREPAS

### INGREDIENTS:

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

