



Ground Turkey Boats with Quick Guacamole

Active Time: 15 minutes | **Total Time:** 40 minutes | **Serves:** 4

Nutrition Information Per Serving

433.3 calories, 9.34 g carbohydrate, 4.43 g fiber, 4.91 g NET carbs, 30.02 g protein, 32.02 g fat

Ingredients

- 24 ounce(s) organic ground turkey
- 1 head radicchio, leaves separated
- 1 medium avocado
- 1 medium red onion, minced
- 1 whole lime, juiced
- 1 Tbsp avocado oil
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) garlic powder

Preparation

1. Prepare quick guacamole. Scoop avocado into a small bowl and mash well. Sprinkle with half the salt, a quarter of the minced onion, and the lime juice. Stir to combine. Adjust seasoning to taste and set aside.
2. Prepare ground turkey. Break up meat in a bowl and add garlic powder, remaining salt and onion. Mix well.
3. Add oil to a pan on medium heat and swirl to coat. Add the ground turkey mixture and cook, stirring occasionally until turkey is cooked through and golden brown, about 10 minutes.
4. Divide radicchio among plates. Top with turkey and guacamole. Serve.

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