



Courtesy of Kevin Alexander @Fitmencoak

Turkey Jalapeno Poppers

Ingredients

93% lean ground turkey, 1/2 lb.
Jalapenos 9
Turkey bacon 9 slices
Garlic 1 tbsp
Red onion, finely chopped 1/3 cup
2% Greek yogurt 3/4 cup
Goat cheese, crumbled 1/3 cup
Oregano 1/2 tsp
Dill 1 tsp
Sea salt and pepper to taste

Directions

1. Fire up the grill. You want the temperature at least to 350 degrees F.
2. Set a nonstick skillet on medium-high heat and spray lightly with a little coconut or olive oil. Toss in the red onions and garlic and cook until the onion becomes brown and somewhat translucent. Once that happens, toss in the lean ground turkey and cook. Use a wooden spatula to chop up the turkey as it cooks, breaking up any big clumps of meat.
3. Slice the turkey bacon vertically in half in order to create two long, narrow strips from one slice of bacon. Repeat for all nine strips of bacon.
4. Slice the jalapenos down the middle. Using a small spoon, carve out the insides and scrape away all of the white seeds. This step is especially important if you are making this for children or individuals who cannot handle spicy food.
5. In a bowl, mix together ground turkey, Greek yogurt, goat cheese, and the seasonings.
6. Using a spoon, fill each jalapeno half with the mixture, then wrap 1/2 slice of turkey bacon around it. Repeat.

7. Place the poppers on a grill, with the mixture facing up, and allow them to grill for 23-25 minutes, until you see the edges of the jalapeno turn brown and the edges of the turkey bacon become crispier.

8. Remove from the heat, and enjoy immediately!

Nutrition Facts

Serving size: 1 popper

Recipe yields 18 servings

Calories 49

Fat 2 g

Carbs <1 g

Protein 7 g