



Chipotle Avocado Stuffed Cherry Tomatoes

16 servings
2 tomatoes per serving

INGREDIENTS

- 16 large cherry or cocktail tomatoes (about 1 ½-inch diameter)
- 1 medium fresh avocado (halved, pitted and peeled)
- ½ cup low-fat plain Greek yogurt
- 2 tablespoons fresh cilantro (chopped)
- 1 tablespoon lime juice
- ⅛ tablespoon chipotle chili powder
- 16 small cilantro leaves (about ¼ cup) for garnish

DIRECTIONS

1. Slice the tops off tomatoes and scoop out seeds and pulp. Drain, cut side down on paper towels.
2. In a blender, puree the avocado, yogurt, cilantro, lime juice and chipotle chili powder until smooth and blended.
3. Spoon or pipe avocado filling into centers of tomatoes.
4. Garnish with cilantro leaves.

NUTRITION ANALYSIS		(PER SERVING)
Calories	70
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	10 mg
Carbohydrates	5 g
Fiber	2 g
Sugars	2 g
Protein	3 g
Dietary Exchanges: 1 vegetable, 1 fat		

This recipe from Fresh Avocados – Love One Today® is an American Heart Association Heart-Check Certified recipe.

