

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Taco Stuffed Avocados

From www.sweetcsdesigns.com

1 lb ground beef
1 large yellow onion, diced
2 bell peppers, diced
1 can diced tomatoes with green chilies
1-2 large zucchinis, diced
Taco seasoning
3 cups baby kale/spinach mixture (this sounds like a lot- it cooks down to a small amount), optional
4 avocados, sliced in half and pit removed
2 oz sharp cheddar cheese, shredded (omit if sticking to paleo/whole 30 diet)
Handful of arugula
Diced onion, tomatoes to garnish

1. Preheat the oven to 350°.
2. In a large pan, lightly brown ground beef and crumble well. Drain excess fat.
3. Add onions and peppers, and cook until browned.
4. Add canned tomatoes, taco seasoning, and any water needed for taco seasoning to evenly coat mixture. Add greens and let fully wilt. Mix well.
5. Halve avocados and remove pits.
6. Scoop ½ cup taco skillet mixture into each ½ avocado.
7. Add arugula to the top, followed by cheese.
8. Bake for 15 minutes, just until cheese is melted.
9. Garnish with fresh diced onion and tomato, serve immediately.