



# 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
- ⅓ 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.*

