

BLT POPPERS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 12 (Serving= 2 BLT poppers)

Nutrition (per serving)

Calories: 99

Total Fat: 5.5 g

Saturated Fat: 1 g

Sodium: 190 mg

Total Carbohydrate: 9 g

Dietary Fiber: 4 g

Total Sugars: 4 g

Protein: 4 g



Ingredients

- 12 roma tomatoes
- 12 slices turkey bacon, cooked and chopped
- ¼ cup red onion, finely diced
- 1 avocado, diced
- ¼ cup reduced fat feta cheese, crumbled
- 2 Tablespoons plain, nonfat Greek yogurt
- 2 Tablespoons light mayonnaise
- 1 teaspoon minced garlic
- Ground black pepper to taste
- Shredded lettuce to garnish



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Directions

1. Using a sharp paring knife, cut off top/stem of tomato. Place tomato cut-side down on the cutting board and slice through the tomato lengthwise to make 2 halves. Cut around the edges of each half and scoop out flesh and seeds with a spoon.
2. In a medium bowl, add turkey bacon, onion, avocado, feta cheese, yogurt, mayonnaise and garlic. Mix well.
3. Stuff each tomato with bacon mixture, sprinkle with ground black pepper and top with shredded lettuce.