

Skinny Mini Mexi Meatball Boats

Elkhorn Public Schools
Elkhorn, Nebraska



Recipe Ingredients:

1 Egg	3 cups Chopped Lettuce
1 cup Onions finely chopped	½ cup Fat Free Sour Cream
¼ cup Cornmeal	Fresh Cilantro
1 (1 oz.) Package Taco Seasoning	1 Tomato
½ cup Salsa (plus extra)	48 Baked Tostitos Scoops
1 lb. Extra Lean Ground Turkey	
1 Avocado	Side: Brown Rice & Black Beans
¼ cup Black Beans (plus extra for side)	



Preparation Method:

1. Preheat oven to 425*. Coat a baking pan with nonstick spray. Set aside.
2. In a large bowl mix egg, onions, cornmeal, taco seasoning and salsa. Add turkey and blend well.
3. Scoop 1 level tablespoon for each meatball and roll into balls. Place meatballs on a baking pan. Bake uncovered for about 12 minutes.
*These can be prepped and reheated before serving.
4. To assemble each meatball boat: Place a pinch of lettuce, 1 slice avocado in each scoop. Drizzle with sour cream. Add 1 meatball, sprinkle a few black beans on top and drizzle with 1 tsp salsa on top of each meatball boat. Serve with rice & black beans and enjoy!!



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