



# Turkey Areapas

Servings: 0 servings

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## Ingredients

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- 7 1/2 ounces (1 1/2 cups) yellow arepa flour (such as P.A.N. or masarepa)
- 1 teaspoon salt, divided
- 2 cups hot water
- 2 tablespoons canola oil, divided
- 1 cup finely chopped onion
- 1 cup finely chopped green bell pepper
- 2 teaspoons minced seeded jalapeño pepper
- 1/2 teaspoon cumin seeds
- 2 garlic cloves, minced
- 2 cups chopped leftover cooked turkey breast
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup (3 ounces) shredded reduced-fat sharp white cheddar cheese

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## Directions

1. Preheat oven to 400°.

2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and 1/2 teaspoon salt; stir well. Add 2 cups hot water; stir until well combined and smooth. Let stand 10 minutes. Divide dough into 12 equal portions, shaping each into a ball. (Dough should be moist.) Working with 1 portion at a time, roll each portion into a 3-inch circle (about 1/2 inch thick).

3. Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat. Add 6 arepas to pan; cook 2 minutes on each side or until browned and crisp. Place on a baking sheet. Repeat procedure with 1 1/2 teaspoons oil and remaining arepas. Bake at 400 for 20 minutes or until arepas sound hollow when lightly tapped.

4.

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