

Tomato Stuffed with Salmon-Dill Salad

This recipe is an excellent source of heart healthy fats from salmon and avocado.

A combination of avocado and dijon replaces the mayonnaise.

This recipe increases color by serving the salmon salad in a tomato instead of on a sandwich.

Ingredients

2 Large Tomatoes

~5 oz packet/can of fish (Salmon is a great choice! Tuna also works well)

1 celery stalk diced small

2 green onion stalks sliced

1/2 large or 1 whole small ripe avocado

2 Tbsp dijon

1 tsp dried dill

Directions

1. Cut the tomatoes in half from top to bottom and scoop out the seeds.
2. Add salmon, celery, and green onion to a bowl. Use a fork to break salmon up into small pieces.
3. In another small bowl, mash together the avocado, dijon, and dill. Add the avocado mixture to the salmon mixture and stir until evenly combined.
4. Spoon the salmon salad evenly between the tomatoes and enjoy!

Nutrition Information

Serving Size 1 Filled Tomato (two halves)

270 kcal. 15 gm fat. 15 gm carbohydrate. 9 gm fiber. 14 gm protein.

