



SALMON-STUFFED AVOCADOS

Final Lifestyle

INGREDIENTS

½ cup nonfat plain Greek yogurt
½ cup diced celery
2 TBS chopped fresh parsley
1 TBS lime juice
2 TSP mayonnaise
1 TSP Dijon mustard
⅛ TSP salt
⅛ TSP ground pepper
2 (5 ounce) cans salmon, drained, flaked, skin and bones removed
2 avocados
Chopped chives for garnish

INSTRUCTIONS

—Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.

—Halve avocados lengthwise and remove pits. Scoop about 1 TBS flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.

—Fill each avocado half with about 1/4 cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.

SERVING INFO: (Yields 4 servings):

1/2 avocado + 1/4 cup salmon salad = ½ P, 1 FT