

SALMON-STUFFED AVOCADOS

Preparation: 15 minutes | Servings: 4

INGREDIENTS

2 five-ounce cans salmon, drained
1/2 cup nonfat plain Greek yogurt
1/2 cup diced celery
2 tablespoons chopped fresh parsley
1 tablespoon lime juice
2 teaspoons mayonnaise
1 teaspoon Dijon mustard
1/8 teaspoon salt
1/8 teaspoon ground pepper
2 avocados
Chopped chives for garnish



INSTRUCTIONS

In a medium bowl, combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper. Mix well. Then, add your salmon and continue to mix. Halve the avocados lengthwise and remove the pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir it into the salmon mixture. Fill each avocado half with about 1/4 cup of salmon mixture, mounding it on top of the avocado halves. Garnish with the chives, if desired, and enjoy!