

### **Salmon-Stuffed Tomatoes: 20 Minute Meal**



#### **INGREDIENTS:**

1/4 cup olive oil  
2 Tablespoons white wine vinegar or fresh lemon juice  
2 teaspoons Dijon-style mustard  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 to 3 large, firm red tomatoes  
1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained and chunked  
1 medium size, ripe avocado, diced  
2 Tablespoons chopped cilantro or parsley

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#### **DIRECTIONS:**

Dressing: In small bowl, whisk olive oil, white wine vinegar or lemon juice, mustard, salt, and pepper.

Salad: Cut tomatoes in half crosswise; scoop out and discard flesh and seeds. In separate bowl, combine salmon, avocado, and cilantro or parsley. Drizzle on dressing; toss lightly. Portion 1/2 cup (for 6 servings) or 3/4 cup (for 4 servings) salmon mixture into tomato halves.

Makes 4 to 6 servings, about 3 cups salmon mixture.

#### **NUTRITIONAL INFORMATION:**

Nutrients per serving: 302.1 calories, 22.4g total fat, 3.8g saturated fat, 65% of calories from fat, 46mg cholesterol, 18.4g protein, 8.2g carbohydrate, 3.3g fiber, 759.1mg sodium, 190.7mg calcium and 1.6g omega-3 fatty acids.