

TOMATO STUFFED WITH DILL SALMON SALAD

INGREDIENTS

- 4 large tomatoes (3-4 inches in size) left whole
- 1 (14.75 oz.) can low-sodium salmon, packed in water, drained
- 2 celery stalks, sliced crosswise into quarter-inch pieces
- 1/2 cup red onion, chopped
- 2 tablespoons dried mayonnaise
- 1/4 cup plain, low-fat yogurt
- 2 tablespoons lemon juice
- 3/4 teaspoon dried dill
- 1 head romaine or other lettuce, separated into leaves, washed
- 1 large cucumber, peeled and cut into quarter-inch rounds

DIRECTIONS

1. Cut a thin slice off the top of each tomato and scoop out the inside pulp and seeds. Chop the scooped pulp and seeds finely and put in a bowl.
2. Put drained salmon into a bowl and using a fork break up the fish into half-inch chunks.
3. Add the celery and onions and toss to combine.
4. Add the chopped tomato pulp and seeds to the salmon salad.
5. In a cup combine the mayonnaise, yogurt, lemon juice and dill.
6. Add to the salmon salad and toss to coat.
7. To assemble each serving, place 2-3 leaves of the washed and separated lettuce on plates.
8. Scoop the salmon salad into the hollowed tomatoes and place over the lettuce leaves.
9. Arrange the sliced cucumbers by the salmon salad and serve.

NUTRITIONAL INFORMATION PER SERVING:

Calories: 231; protein: 27 grams, carbohydrates: 16 g; total fat: 7.1 g; cholesterol: 43 mg; sodium: 189 mg; dietary fiber: 6 g; total sugars: 9g

Serves: 4

Recipe Source: American Heart Association

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Tomatoes

A Popular Texas Garden Vegetable:

Tomatoes contain lycopene which gives tomatoes their red color and also helps keep cells healthy. Tomatoes are technically a fruit, but in cooking they are used like a vegetable. There are thousands of different varieties of tomatoes including Roma, Grape, Plum, Heirloom, and more! Try adding tomatoes to a soup, salad, casserole, taco, stir-fry, pasta, pizza, or omelet!

Resource: Better Living for Texans,
Texas A&M AgriLife Extension

Tips:

- You can use any water-packed type of salmon as well as tuna. This salad will keep in the refrigerator for a day or two.
- For a fun appetizer, consider using smaller tomatoes. You can also serve this over finely chopped green cabbage or mixed salad greens.
- This salad can equally be enjoyed in a sandwich or wrap.



Photo Source:

<http://cookingwithchefbryan.com/recipe-view/tomatoes-stuffed-with-dill-salmon-salad>

