

Salmon-Stuffed Avocados

An overall balanced diet makes all the difference. Be sure to include antioxidant-rich vegetables, fruits, and fatty fish to help support skin health. Enjoy this healthy no-cook recipe when you need a quick meal.



Ingredients

- 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 (5 ounce) cans salmon, drained (flaked, skin and bones removed)
- 2 avocados
- Chopped chives for garnish

Preparation

1. Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.
2. Halve avocados lengthwise and remove 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 into the salmon mixture.
3. 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.

Nutrition (per serving)

Yield 4 servings, calories 293; total fat 20g; total carbohydrates 11g; protein 23g.

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