Salmon-Stuffed Avocados

Source: eatingwell

Canned salmon is a valuable pantry staple and a practical way to include heart-healthy omega-3-rich in your diet. Here, we combine it with avocados in an easy no-cook meal.

SERVINGS: 4 PREPPING TIME: 15 MIN COOKING TIME: 20 MIN

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 mustarf
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 2 (5 ounces) cans salmon, drained, flaked, skin and bones removed
- 2 avocados
- chopped chives for garnish

Nutrition Facts	
4 Servings **Serving Size**	**1/2 of recipe**
Amount per serving **Calories**	**293**
Total Fat Saturated Fat	19.6g 3g
Cholesterol	61.2mg
Sodium	399.8mg
Total Carbohydrates Dietary Fiber Total Sugars	10.5g 7g 1.8g
Protein	22.5g
Potassium	807.2mg

Directions

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

2 **Mix** 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** 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.

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