

Salmon Salad Stuffed Avocado



Ingredients:

- 5 ounces canned boneless salmon
- 1/3 cup bell pepper, diced
- 2 tablespoons green onion, sliced
- 2 tablespoons lime juice
- 1 tablespoon low-fat Greek yogurt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- 2 tablespoons chopped cilantro, optional
- 1 avocado, halved

Directions:

1. Drain canned salmon. Add all ingredients to a bowl.
2. Remove seed from avocado. Spoon salmon mixture into avocado halves.
3. Serve with salsa and lime wedges if desired.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>