



# SALMON-STUFFED AVOCADOS

Canned salmon is a more economical option to fresh wild salmon. Look for salmon from Alaska. It is high in omega-3 fats and is caught wild.

## INGREDIENTS

- 2 Avocados
- 1/2 cup Celery
- 1 Chive or Green Onion
- 2 tbsp Parsley, fresh
- 1 tsp Dijon mustard
- 1 tbsp Lime juice
- 2 tsp Mayonnaise
- 1/8 tsp Pepper, ground
- 1/8 tsp Salt
- 1/2 cup Greek yogurt, nonfat plain
- 2 (5 ounce) cans Salmon, **drained, flaked, skin and bones removed**

## NUTRITION FACTS

Serving Size: 1/2 Avocado And 1/4 Cup Salmon  
Salad Per Serving: 293 calories; protein 22.5g;  
carbohydrates 10.5g; dietary fiber 7g; sugars 1.8g;  
fat 19.6g; saturated fat 3g; cholesterol 61.2mg;  
vitamin a iu 413IU; vitamin c 14.1mg; folate  
94.1mcg; calcium 94.2mg; iron 1.1mg; magnesium  
52mg; potassium 807.2mg; sodium 399.8mg.

## DIRECTIONS

### STEP 1

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

### STEP 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.

### STEP 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 or green onion, if desired.



**Wisconsin Athletic Club**

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