

Salmon Salad in Avocado

Bill Daley - Chicago Tribune
Palm Beach Post

Servings: 4

Alternative choices are canned tuna and sardines.

1 can (14 3/4 oz) salmon OR two pouches (6 to 7 ounces each) skinless boneless salmon

3/4 cup low-fat mayonnaise

3 green onions, sliced

2 tablespoons fresh parsley, chopped

1 tablespoon capers, drained

salt and pepper (to taste)

2 large avocados, split lengthwise and pits removed

fresh parsley (for garnish), chopped

Drain the salmon. Mash the salmon in a small bowl with a fork.

Add the mayonnaise, green onions, parsley, capers, and salt and pepper to taste.

Place each avocado half on a plate.

Stuff the avocado with the salmon mixture.

Garnish with more chopped parsley.

Serve with toasted pita triangles, Melba toast or bread sticks.

Per Serving (excluding unknown items): 286 Calories; 28g Fat (82.1% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 244mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.