



# Salmon Stuffed Avocados

## Ingredients

- ½ cup nonfat plain Greek yogurt
- ½ cup diced celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon fresh lime juice
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper
- 2 (5-ounce) cans salmon, drained, flaked, skin and bones removed
- 2 ripe avocados
- Chopped fresh chives (for garnish)

## Instructions

### Step 1: Make the Salmon Filling

In a medium bowl, combine the Greek yogurt, celery, parsley, lime juice, mayonnaise, Dijon mustard, salt, and pepper. Mix well until fully blended. Add the salmon and gently fold it into the mixture until evenly combined.

### Step 2: Prepare the Avocados

Slice the avocados in half lengthwise and remove the pits. Scoop out about 1 tablespoon of flesh from each half and place it in a small bowl. Mash it with a fork, then stir it into the salmon mixture to add extra creaminess.

### Step 3: Stuff and Serve

Fill each avocado half with approximately ¼ cup of the salmon mixture, mounding slightly. Garnish with chopped chives if desired. Serve immediately and enjoy!