

Over-Stuffed Tomatoes



Please note if your tomatoes are large, you may need to make double the recipe for the salad.

Chicken Salad

Serves: 6

Ingredients:

- 4 cups cooked chicken, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 cup low sodium mayonnaise
- 2 tablespoons lemon juice (optional)
- 1/2 cup chopped celery (optional)

Directions:

1. Mix all the ingredients together in a mixing bowl.
2. Cover and refrigerate for an hour. This will allow the flavors to blend.

Tuna Salad

Serves: 2

Ingredients:

- 1 (12 ounce) can of tuna (packed in water and thoroughly drained) Draining is important. any water left in the tuna will dilute the mayonnaise and make it runny.)
- 1 stalk of celery (chopped)
- 2 – 4 tablespoons of low salt mayonnaise
- 1/8 teaspoon old bay or a sprinkle of cayenne pepper (optional)
- 1/4 teaspoon dried dill
- 1/4 teaspoon fresh ground black pepper
- 12 ounce) can of tuna (packed in water and thoroughly drained)
- 1 stalk of celery (chopped)
- 2 – 4 tablespoons of low salt mayonnaise
- 1/8 teaspoon old bay or a sprinkle of cayenne pepper (optional)
- 1/4 teaspoon dried dill
- 1/4 teaspoon fresh ground black pepper

Directions:

1. Mix all the ingredients together in a mixing bowl. **(Tip: add the mayonnaise gradually until tuna is the right consistency. If tuna is dry, add more mayonnaise.)**
2. Cover and refrigerate for an hour. This will allow the flavors to blend.

Egg Salad

Serves: 4

Ingredients:

- 8 boiled eggs, peeled and loosely chopped
- ½ cup mayonnaise
- 1 teaspoon prepared yellow mustard
- 2 tablespoons of chopped yellow or green onions. (I love green.)
- ¼ teaspoon paprika
- Salt and pepper to taste

Directions:

1. Put the eggs in a saucepan and cover with cold water.
2. Bring the water to a boil over medium heat.
3. Remove from heat, cover and let the eggs cook in the hot water for about 10 – 12 minutes.
4. Drain the water, let the eggs cool.
5. Peel, and chop the eggs.
6. Add the remaining ingredients and “gently” mix well.
7. Refrigerate for an hour to let the egg salad chill and the flavors combine.