

TOMATOES STUFFED WITH CHICKEN SALAD

Ingredients:

6 large tomatoes
2 cup diced chicken
½ cup minced red bell pepper
½ cup corn, drained
1½ tablespoon minced red onion
¼ cup plus 2 tablespoons olive oil
¼ cup fresh lemon juice
1 tablespoon chopped fresh Italian flat leaf parsley
1 tablespoon Dijon mustard
1 tablespoon mayonnaise
1 teaspoon ground black pepper
½ teaspoon salt
spinach leaves

Directions

1. Cut ½ inch off top of each tomato. Scoop out pulp from tomatoes. Turn tomatoes upside down on paper towels to drain.
2. In a medium bowl, combine chicken, bell pepper, corn, and onion.
3. In a small bowl, whisk together olive oil and next 6 ingredients. Pour over chicken, tossing gently to coat.
4. Line tomatoes with leaf lettuce or spinach leaves. Spoon chicken salad evenly in the tomatoes. Refrigerate or serve immediately.

Yield: 6 servings.

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Intermediate – Nutritious Snacks