

## **SHRIMP STUFFED TOMATO SALAD**

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

### **INGREDIENTS:**

3/4 C celery, diced  
1 1/2 C cooked shrimp, peeled/de-veined  
1/4 tsp pepper  
2 TBS mayo  
4 ripe tomatoes  
4 large lettuce leaves  
1 green pepper, sliced into 4 rings  
4 radishes, cut into roses  
Low-fat yogurt, parsley sprigs & paprika to garnish

### **DIRECTIONS:**

In small mixing bowl, combine celery, shrimp, pepper & mayo - toss gently till shrimp & celery are coated with mayo. Cut each tomato into 5 lengthwise sections, leaving them intact at stem end. Place each on bed of lettuce arranged on salad plates. Spread tomato sections apart & stuff each with shrimp salad mixture. Top each with green pepper ring. To garnish, place spoonful of yogurt atop each salad & garnish with parsley sprig & radish rose. Sprinkle with paprika. Chill till ready to serve.

Makes 4 servings

[per serving: 135 calories; 6.3 g fat; 120 mg sodium; 40 mg cholesterol]