Courtesy of Zuzka Light

Salmon-Salad-Stuffed Avocado

Ingredients
2 pan-seared salmon steaks
Fresh dill, finely chopped 1/2 tsp
Champagne vinegar 6 tsp
Lemon juice 1/2 lemon
Scallions, finely chopped 4
Salt and freshly ground pepper to taste
Avocado 1 large
Cucumber for garnish
Grapefruit for garnish

Instructions
1. In a medium bowl, mash the salmon with the dill, vinegar, lemon juice, and scallions until combined.
2. Halve the avocado lengthwise and remove the pit.
3. Split the salmon salad into two equal portions, and fill the avocado halves. You can garnish with cucumber and a piece of grapefruit.

Nutrition Facts
Serving size 1/2 stuffed avocado
Recipe yields 2 servings

Calories 350
Fat 27 g
Carbs 56 g
Protein 20 g