

Try this next time you want an attractive and tasty lunch or light dinner. It has just the right amount of crunch! It's a great recipe adapted from Light and Tasty Magazine. The same salad stuffed into cherry tomatoes would make perfect appetizers!



Chicken Salad in Tomato Cups

- 4 large tomatoes (*photo shows medium tomatoes*)
- 2 c. finely chopped cooked chicken*
- 3/4 c. Spectrum Organic mayonnaise *or* homemade SCD yogurt
- 1/2 c. chopped pecans
- 1/4 c. chopped celery
- 1-2 Tbs. diced red or green sweet peppers
- 1 Tbs. lime *or* lemon juice
- 1/8 tsp. salt *or* to taste
- 1/8 tsp. pepper

Cut a thin slice off the top of each tomato. Scoop out pulp, leaving 1/2 inch shells. Invert onto paper towels to drain. In a large bowl, combine the salad ingredients. Spoon into tomato shells. Serve immediately.

*Buy bone-in chicken pieces when they're on sale and cook in the crock pot. Remove meat from the bones and freeze in 2 c. (or meal-size) amounts for recipes like this one. Strain and freeze the broth for soups. This is a great way to make speedy meals!