

## Shrimp Salad-Stuffed Tomatoes



Hollowed-out tomatoes were the secret to elegant lunches in the '50s - and they deserve a comeback today. Look for bright red, aromatic tomatoes without any mushy spots or discolorations. You can also stuff these tomatoes with Bacony Barley Salad with Marinated Shrimp or Curried Tofu Salad.

1 pound peeled cooked shrimp (21-25 per pound; thawed if frozen), tails removed, chopped  
1 stalk celery, finely diced  
1/4 cup minced fresh basil

10 Kalamata olives, pitted and finely chopped

1 medium shallot, minced

2 tablespoons reduced-fat mayonnaise

1 tablespoon white-wine vinegar

Pinch of freshly ground pepper

4 large ripe tomatoes, cored

Combine shrimp, celery, basil, olives, shallot, mayonnaise, vinegar and pepper in a medium bowl. Stir to combine.

Carefully hollow out the inside of each tomato using a melon baller or small spoon; reserve the scooped tomato for another use (see Tip). To serve, fill each tomato with a generous 1/2 cup of the shrimp salad.

Save the scooped-out tomato insides to use in fresh tomato soup or pasta sauce. Store in the refrigerator for up to 3 days or in the freezer for up to 6 months.

### Nutrition Information

**Nutritional Analysis** Per serving

**Carbohydrate Servings** 1

**Protein** 30 g

**Saturated Fat** 1 g

**Monounsaturated Fat** 2 g

**Sodium** 585 mg

**Exchanges** 1 vegetable, 3 1/2 very lean meat, 1 fat (mono)

**Calories** 192

**Carbohydrates** 12 g

**Fat** 6 g

**Cholesterol** 230 g

**Dietary Fiber** 2 g

**Potassium** 774 mg

**Nutrition Bonus** Vitamin C (80% daily value), Iron (25% dv), Vitamin A (25% dv).