



Yogurt Chicken Salad in Tasti – Lee Tomato Crowns

Yield 4 Servings

Ingredients

4 medium sized Fresh Florida Tasti – Lee tomatoes
1/2 cup plain low fat yogurt
2 cups chicken, cooked, shredded and chilled
1/4 cup flat leaf parsley, chopped
1/2 cup celery, small diced
1/2 cup carrots, small diced
1 lemon, juiced
1 small onion, small diced
Kosher salt and fresh ground pepper to taste

Preparation

Rinse tomatoes under cold running water and pat dry with clean paper towels. With a sharp serrated knife, slice off the top part of the tomato that was attached to the vine. Turn the tomato over and make 4 to 5 slices almost all the way down being careful not to slice all the way through the tomato. Set tomatoes aside.

In a medium sized mixing bowl combine all ingredients except the tomatoes. Taste chicken salad and adjust seasoning with the kosher salt and fresh ground pepper. Using a fork, separate the sliced tomatoes open and fill with chicken salad. Serve chilled.