



Webinar Series Recipes

Smoked Salmon, Black Bean and Corn Stuffed Avocados

Serves 4

- ½ cup nonfat Greek yogurt
- ¼ cup diced cucumbers
- ½ cup frozen corn, defrosted or fresh corn cooked until tender
- ½ cup cooked black beans, rinsed if canned
- 2 tablespoons fresh cilantro, chopped
- 1 tablespoon lime juice
- 2 teaspoons avocado mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon capers, roughly chopped
- 2 tablespoons finely chopped red onion
- Salt and pepper to taste
- 2 avocados, halved and pit removed
- 4 oz smoked salmon, torn or cut into bite size pieces

1. In a mixing bowl, combine all the ingredients except salmon and avocados. Mix well and adjust the seasoning to your desire.
2. Fill each of the avocado halves with ¼ of the filling. Top with smoked salmon. Serve with a lemon wedge and crusty whole-grain bread.

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