

Tuna Stuffed Tomato

submitted by deleted_551498



Per serving: 239 Calories • 9.9g Carbs (2.5g Fiber) • 4.5g Fat • 41.1g Protein

Ingredients

Ingredients scaled to: 1 serving

1 large whole (3" dia) **Tomatoes** (182 grams)

6 oz **Tuna** (170 grams)

1 dash **Salt** (0.40 grams)

1/4 tsp **Dill** (0.046 grams)

1 dash **Pepper** (0.10 grams)

2 tbsp chopped **Scallions** (12 grams)

2 oz **Cottage cheese** (56.5 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Cut a large tomato in half. With a sharp knife or spoon, carefully remove some of the inside of the tomato to create a bowl.
2. Drain tuna and combine with chopped onions, cottage cheese, dill, and salt & pepper to taste. Stuff into tomato halves and enjoy!