

Low-Point Chicken Salad Stuffed Tomatoes

Ingredients:

- 1, 4.5 oz. can Swanson White Chicken Breast, drained
- 1 Tbs fat-free mayonnaise
- 1/2 Tbs mustard
- 1/2 to 1 Tbs sweet relish
- seasonings to taste
- 7 Campari tomatoes (Campari's are about twice the size of cherry tomatoes)

Cut the tops of the tomatoes and carefully scoop out the insides. Place tomatoes upside down on paper towel to drain. Mix the chicken, mayo, mustard, and relish together. Spoon chicken salad mixture into each tomato and serve on bed of lettuce and/or cottage cheese. Enjoy this light and tasty low-point meal!

Total servings - 7

Serving size - 1

Points per serving - .4

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Ability may get you to the top, but it takes character to keep you there." - Stevie Wonder