



Shrimp Stuffed Tomato

Servings per recipe: 1

Each serving – 1 protein, 1 vegetable, juice of ½ lemon

This is great using baked fish as well.

Ingredients

- 100 grams cooked shrimp
- 100 grams of whole tomato
- juice of half lemon
- 1 Tbsp parsley
- sea salt/pepper to taste
- Tabasco (optional)

Directions

1. Place cooked shrimp in food processor.
2. Pulse a few times to chop up shrimp. Or, simply chop with sharp knife.
3. In small bowl, combine chopped shrimp, parsley, lemon juice, salt/pepper.
4. Cover and refrigerate 30 mins-1 hr.
5. When ready to serve, cut off top of tomato. Scoop out inside of tomato.
6. Chop & combine inside of tomato with shrimp mix. (You may discard seeds if you like.)
6. Fill tomato with shrimp mix.
7. Top with a couple dashes of Tabasco (optional) and serve.

