



Salmon Salad- Stuffed Avocado

$\frac{1}{3}$ cup canned salmon
1 tablespoon nonfat plain Greek yogurt
2 teaspoons pesto
2 teaspoons chives
 $\frac{1}{2}$ teaspoon lemon juice
salt and pepper to taste
 $\frac{1}{2}$ avocado
1 cup baby spinach
5 thin wheat crackers



Directions:

Combine $\frac{1}{3}$ cup salmon, 1 tablespoon yogurt, 2 teaspoons pesto, 2 teaspoons chives, $\frac{1}{2}$ teaspoon lemon juice, a pinch of salt and pepper to taste in a small bowl. Serve over avocado and baby spinach with crackers on the side.