

Quick and Easy
**Easter
Recipes**

Color Your Life Delicious Series



3 meal plans
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FLORA MORRIS BROWN

Sample *from* Appetizers



Smoked Salmon Tomato Cups

Yields: 24 cups

Ingredients:

- 1 package (3 oz) smoked salmon or lox, finely diced
- 24 (1 pint) cherry tomatoes
- 1 tbsp green onion, finely chopped
- 2 tbsp celery, finely chopped
- ¼ cup no-fat cottage cheese
- ¼ tsp dill weed

Method:

- Slice off the top of each cherry tomato and save to use as lid to the finished cups, if you wish.
- Scrape out the pulp; discard or or save to add to omelets and other dishes.
- Place the tomatoes onto paper towels with the sliced sides facing down to get rid of any excess moisture.
- Place rest of the ingredients in a small bowl and whisk them thoroughly until mixed thoroughly.
- Spoon equal portions of the filling into the tomatoes and arrange them on a serving platter.
- Top each finished cup with a tomato lid for a decorative touch (optional).
- Leave in the refrigerator to chill and serve cold.

Nutritional information

Serving size: 1 tomato cup

- Calories: 9
- Carbohydrate 1 g
- Protein 1 g
- Fat: In trace amount
- Cholesterol 1 mg
- Fiber: In trace amount
- Sodium 81 mg

Get full recipes, meal plans and activities at

www.amazon.com/Quick-Easter-Recipes-Flora-Morris-ebook/dp/B00JR1D4UG

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Thank you.

Flora