



CURRIED EGG SALAD STUFFED TOMATOES



INGREDIENTS

ITEM	QUANTITY
• Hard-boiled Eggs, chopped	2
• Lactose-free Plain Greek Yogurt	2 Tbsps.
• Dijon Mustard	1 Tsp.
• Curry Powder	½ Tsp.
• Chopped Fresh Chives	1 Tbsp.
• Sliced Green Onion Tops	1 Tbsp.
• Salt and Freshly Ground Black Pepper, to taste	
• Medium Tomatoes	2

SERVING SIZE 1

🔥 PREPARATION

- 👉 Slice the tops off the tomatoes and carefully scoop out the seeds and pulp with a spoon.
- 👉 Place the tomatoes upside down on a paper towel for 5-10 minutes to drain any excess moisture.
- 👉 In a small bowl, combine the chopped eggs, Greek yogurt, Dijon mustard, curry powder, chives, green onion tops, salt, and pepper.
- 👉 Stir until the mixture is smooth and evenly combined.
- 👉 Spoon the egg salad into the tomatoes.