

REAL SIMPLE

HANDS-ON TIME: 20 MINUTES

TOTAL TIME: 25 MINUTES

MAKES 6 SERVINGS



Tuna in a Tomato

INGREDIENTS

- 6 large tomatoes
- 3 6-ounce cans tuna, drained
- 3 tablespoons capers, roughly chopped
- 1 cup fresh flat-leaf parsley leaves, roughly chopped
- zest of 1 lemon
- ¼ cup fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon black pepper

With a paring knife, cut out and discard the stem of each tomato. Using a spoon, hollow out the tomatoes, leaving each with a ¼-inch shell, and transfer the pulp to a medium bowl. Add the remaining ingredients to the tomato pulp and toss gently. Spoon the mixture back into the tomatoes and serve.

Nutrition Per Serving

Calories 149 (36% from Fat) • Fat 6g (Sat 2g) • Sugar 5g • Protein 23g • Cholesterol 45mg • Sodium 637mg
Fiber 3g • Carbohydrate 9g

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MEMO
