



Chicken Salad in Tomato Cups

Try this chicken salad in tomato cups. This delectable salad is even richer when you use homemade mayonnaise or mix in chunks of avocado.

A top reason to raise chickens is the bounty of fresh, healthy meat it provides you and your family and friends. Low in fat, but bursting with valuable protein and a delicious, delicate flavor, chicken lends itself to an astonishing range of dishes, from hearty stews to clear soups, from robust curries to the most subtle of sauces.

Make this delectable salad--served in tomato cups--even richer by using homemade mayonnaise or mixing in chunks of avocado.

Ingredients

4 to 6 medium or large tomatoes 2 cups cooked, chopped chicken, white and dark meat ½ cup celery, diced ¼ cup green onion, finely chopped ½ cup almonds, chopped

Dressing 1 cup mayonnaise 2 tsp. Dijon mustard 1 tsp. lemon juice 1 clove garlic, minced Salt and cracked black pepper to taste

Preparation

To prepare tomato cups, cut a slice off the stem end and use a sharp paring knife or grapefruit spoon (a narrow spoon with serrated edges) to remove seed bed and other soft flesh, leaving the firm exterior wall. Invert on paper towels to drain while preparing salad.

Whisk together dressing ingredients and combine with chicken, celery and green onions. Add almonds just before serving.

To serve, spoon salad mixture into tomato cups. If desired, place on a bed of lettuce and garnish with additional chopped almonds.

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