



Tomates rellenos con atún

6 tomates • 2 latas de atún escurrido • $\frac{1}{2}$ taza de arvejas cocidas
• $\frac{1}{2}$ taza de mayonesa • 1 pimiento verde picado en cuadritos
• 1 cebolla paitaña picada en cuadritos • 1 cucharadita de jugo de limón • hojas de lechuga • perejil para decorar • sal y pimienta.

Lave los tomates y córtelos en la parte superior; retire la pulpa del interior utilizando una cuchara. En un tazón combine los demás ingredientes exceptuando el perejil y la lechuga. Rellene los tomates y presente el plato sobre hojas de lechuga decoradas con perejil.

El Menu Diario Ecuatoriano

J Elliott



El Menu Diario Ecuatoriano:

El Menu Diario Ecuatoriano Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**El Menu Diario Ecuatoriano**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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