

Avocado Tuna Salad

SERVING SIZE: 1/2 cup
SERVINGS: 4
PREPARATION TIME: 10 minutes
COOK TIME: 20 minutes

INGREDIENTS:

- 1 whole avocado
- 2 5 ounce can tuna, drained
- 2 Tablespoons lemon juice
- 1 teaspoon pepper
- 1/4 cup onion, chopped
- 1/2 teaspoon dill, dried (optional)

DIRECTIONS:

1. Cut avocado in half, remove pit, and spoon into bowl. Mash with a fork.
 2. Add tuna and onion to the bowl.
 3. Add lemon juice and dill.
 4. Mix in 1/4 tsp of salt and 1/2 tsp pepper.
- Serve right away to avoid browning. Enjoy on salads, sandwiches, or with raw veggies.



NUTRITION FACTS:

Amount Per Serving	
Calories	90
Total fat	5g
Saturated fat	1g
Cholesterol	10mg
Sodium	63mg
Total Carbohydrate	6g
Fiber	3g
Sugar	0g
Includes 0g of Added Sugars	
Protein	7g
Phosphorus	51mg
Potassium	284mg

EQUIPMENT NEEDED:

- Knife, fork and spoon
- Cutting board
- Measuring spoons
- Large bowl

RECIPE TIPS:

- **Choose** avocados that are dark in color. Firm avocados ripen in a paper bag at room temperature in a few days.
- **Store** slightly soft avocados in the fridge for 2-3 days.
- **Prepare** them by first washing the skin. Then, take a knife and cut all around the middle, leaving two halves. Use a spoon to remove the pit and scoop out the flesh.

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org