

Lunch Recipes Avocado Tuna Salad Healthy Steps Nutrition



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Lunch Recipes

Avocado Tuna Salad

Ingredients:

- ½ an avocado

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lemon juice

- 1 tbsp red onion, finely chopped
- 1 tbsp celery, finely chopped
- 1 can of tuna
- Salt, pepper, and dried dill to taste

Directions:

1. Scoop out the middle of ½ an avocado and place in a bowl
2. Add chopped onion, celery, lemon juice (about ½ tbsp), and seasonings and mix well
3. Drain tuna, add to bowl, and mix again
4. Place on Ezekiel bread, on top of a salad, or use to stuff a pepper
5. Enjoy! The best thing about this recipe is you can mix in any combination of veggies you like. Carrots, cucumber, and red peppers would be a great added crunch.

Nutrition Information:

1 serving: 186 calories, 15 grams protein, 8 grams carbs, 11 grams fat

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