

# Avocado Tuna Salad

December 2019

Harvest of  
the Month 



SERVING SIZE: 1/2 cup

SERVINGS: 4

PREPARATION TIME: 10 minutes

COOK TIME: 20 minutes

## Ingredients

- 1 Whole avocado
- 2 5 ounce cans of tuna (drained)
- 2 Tablespoons of lemon juice
- 1 Teaspoon of pepper
- 1/4 Cup of onion, chopped
- 1/2 Teaspoon of 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 ¼ tsp of salt and ½ tsp pepper.

Serve right away on top of a green salad, in a sandwich, with crackers, or with sliced veggies.

## 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 to scoop out the flesh. Enjoy on salads, sandwiches or on their own!

## Nutrition Facts

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