



Tuna Avocado Salad

Serves 4

Ingredients

2 cans water-packed tuna fish, drained
1 avocado, mashed
1 cup celery, chopped
1/3 cup red onion, chopped
3 tablespoons lemon juice
1 cup cherry or grape tomatoes, chopped
1/8 teaspoon salt
1/4 teaspoon black pepper

Directions

In a bowl, combine all ingredients.

To serve, enjoy as is, in a sandwich with whole grain bread or with a green salad.