

Tuna and Avocado Salad

Savannah · 30/09/2024

**Prep Time**

6

Difficult

Medium

Servings

6 servings

Description

Great lowfat food High in lean protein and good fats Serve on tostadas or as a sandwich

Ingredients

- - 3 avocados - peeled
- pitted
- and diced - 3 (5 ounce) cans tuna in water
- drained and flaked - ½ tomato
- diced - ½ jalapeno pepper
- diced - ¼ cup diced white onion - salt to taste

Instructions

1. Mix avocados
2. tuna
3. tomato
4. jalapeno pepper
5. and white onion together in a bowl; season with salt. Cook's Note: Put pits into the salad if not using immediately to keep avocado from turning brown.