

Avocado Tuna Salad

Recipe and Image from Vancouver Dietitians

Ingredients

- 1 can of tuna, drained
- 1/2 avocado, mashed
- 1/4 cup of onion, cut small
- 1 tablespoon of lemon or lime juice
- 1/2 teaspoon of salt
- 1/4 teaspoon pepper
- Drizzle of hot sauce
- Choose between: 2 slices of bread, a wrap, crackers, or fresh carrots and cucumbers!



Directions

1. In a small bowl, mix together tuna, avocado, onion, juice and spices until combined.
2. Add a drizzle of hot sauce on top of your mixture.
3. Put mixture on top of toasted bread, in a wrap, or eat it with crackers and your choice of vegetables.
4. Enjoy!

Tip: Get creative and add some of your favorite spices like garlic powder, parsley, or paprika!