



Avocado Tuna Salad

SERVING: 1-1/4 CUP
YIELD: 4

PREP TIME: 15 MINS
TOTAL TIME: 15 MINS

Ingredients

- 5 oz can Tuna in Water, drained
- 1 cup Celery, chopped
- 1 medium Red Bell Pepper, chopped
- 1 medium Cucumber, chopped
- 1 medium Green Apple, chopped
- 1 small Red Onion, chopped
- 1 medium Avocado

Dressing

- 2 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsp Lemon Juice, about 1 lemon
- 1/2 tsp Minced Garlic
- 1/2 tsp Black Pepper

Toppings (optional)

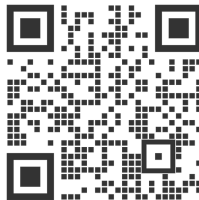
- 1/4 cup Cilantro or
- 1/4 cup Fresh Parsley

Nutrition Facts	
4 servings per container	
Serving size 1-1/4 cup (0.0g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 220mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0.5mcg	2%
Calcium 40mg	2%
Iron 1.2mg	6%
Potassium 450mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. Using a cutting board and sharp knife, chop all vegetables. Drain Tuna.
2. In a large salad bowl, combine dijon mustard, olive oil, freshly squeezed lemon juice, minced garlic and black pepper. Whisk everything together until combined.
3. In the large salad bowl, add drained tuna, celery, bell pepper, cucumber, apple, and red onions. Mix well.
4. Add avocado and mix well.
5. Add suggested toppings as desired. Enjoy!

*Cost information includes lower cost ingredients found at local grocery store 04/28/23.



Cost Per Recipe	Cost Per Serving
\$5.90	\$1.42