

RECIPE





AVOCADO TUNA SALAD

INGREDIENTS:

1	medium	Hass avocado, cut into cubes
1	small	shallot, minced
1	can	yellowfin tuna in olive oil (like Genova)
1	tsp	fresh dill, roughly chopped, plus extra for topping
2	tbsp	freshly squeezed lemon juice (about 1/2 of a lemon)
1/2	tsp	kosher salt
		freshly ground black pepper, to taste

DIRECTIONS:

In a medium bowl, place the cubed pieces of avocado and begin to smash with a fork leaving some chunks. Once the avocados are smashed, add in the minced shallot and stir to combine.

Using a fork, flake the tuna out of the can into the medium bowl with the avocado mixture. Add in the kosher salt, freshly ground black pepper to taste, lemon juice and chopped dill. Combine all the ingredients well by stirring until the whole mixture looks green and the tuna is well combined.

Serve with crackers, toasted garlic bread, in a pita pocket with lettuce or on your favorite bread.

Serves: 2

