



## Healthy & Tasty Tuna Salad

Recipe from Simply Recipes - by Elise Bauer



This recipe and directions has been adapted a bit from Simplyrecipes.com. It's a delicious and healthier remake of a classic tuna salad, but you can make it even simpler and it's just as good if you don't have time to add all the ingredients. Even with avocado, red onion, and a little lemon juice, this makes a tasty tuna salad!

### Ingredients

- 1 5-ounce can tuna, preferably packed in olive oil, drained
- 1/2 ripe avocado, roughly chopped
- 1/2 cup minced celery
- 1/4 cup minced red onion
- 1 Tbsp olive oil
- 2 teaspoons lemon juice
- 1 teaspoon lemon zest
- 2 Tbsp chopped fresh cilantro or parsley
- 1/2 teaspoon kosher salt
- Freshly ground black pepper

### Directions

1. Place all of the ingredients in a medium bowl.
2. Mix with a fork, mashing the avocado and breaking up the chunks of tuna as you go, until the ingredients are well combined.
3. Serve on your favorite wrap, bread, in a lettuce or chard leaf or over lettuce salad.

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