

Avocado Tuna Salad

Instructions

1. In a large bowl, combine the cucumber, avocado, red onion, tuna, and cilantro.
2. Over the top of the ingredients, drizzle the lemon juice, olive oil, salt, and pepper.
3. Toss to combine and enjoy. Makes six servings.

TIP: Once you add the salt, the salad should be consumed within three hours, or else the cucumbers begin to lose their crispness. To prepare in advance, combine all the ingredients except the salt and avocado, cover and refrigerate. Add the salt and avocado just before you're ready to eat.

Ingredients

- 1 English cucumber, sliced
- 2 large or 3 medium avocados, sliced
- 1 small red onion, thinly sliced
- 3 cans (5 oz each) light canned tuna in water, drained
- ¼ cup cilantro
- 2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 tsp sea salt
- ⅛ tsp black pepper

Grocery List

Produce

- English cucumber
- Avocados
- Red onion
- Cilantro
- Lemon

Canned Goods/Grocery

- Light canned tuna
- Olive oil
- Sea salt
- Pepper