

Tuna Egg Salad

Instructions

1. Chop the hard boiled eggs and red onion and place them in a bowl with the avocado and tuna.
2. Mix to combine all of the ingredients. Season with salt and pepper to taste.
3. Eat this dish right out of the bowl, on a piece of whole-grain toast, in a wrap, over greens, or any way you like.

Ingredients

- 2 hard-boiled eggs
- 2 tbsp red onion
- 1 can of light tuna in water
- ½ avocado
- Salt and pepper, to taste

Grocery List

Dairy

- Eggs

Produce

- Red onion
- Avocado

Canned Goods

- Tuna