



Tuna Salad-Stuffed Avocado - Allon-Z!

2 servings

20 minutes

Ingredients

- 1 Avocado
- 1 can Tuna (drained and flaked)
- 2 stalks Celery (finely diced)
- 1/2 cup Baby Spinach (finely chopped)
- 1 tbsp Cilantro (chopped)
- 1/2 Garlic (clove, minced)
- 1 tbsp Dijon Mustard
- 3/4 tsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Tabasco Sauce (optional)

Nutrition

Amount per serving	
Calories	266
Fat	17g
Carbs	11g
Fiber	8g
Sugar	2g
Protein	19g
Cholesterol	30mg
Sodium	339mg
Vitamin A	1130IU
Vitamin C	18mg
Calcium	52mg
Iron	2mg
Vitamin B12	2.1µg
Magnesium	60mg

Directions

- 1 Cut your avocados in half and discard the pits. Scoop the avocado flesh out of each avocado half. Keep the shell, we will use it later. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 2 Add tuna, celery, baby spinach, cilantro, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 3 Use a spoon to pack the tuna salad back into the avocado halves. If you don't want to stuff your avocado shells too high, you can serve part of the mixture in a small bowl on the side with crackers. Drizzle with desired amount of tabasco if desired. Enjoy!

Notes

More Protein & Crunch: Add 1/4 cup sunflower seeds.

Don't Like Avocados: Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

Don't Eat Fish: Use a can of white beans instead and add a green onion for extra flavor.