

Avocado Tuna Salad

Hosted by: The Student Health Advocates

Adapted from: <https://natashaskitchen.com/avocado-tuna-salad-recipe/>

Author: Natasha's Kitchen

Prep: 7 mins | Cook: 8 mins | Total: mins

Yield: 4-6 servings as a side salad

Ingredients:

- 15 oz. (or 3 small cans) tuna in oil, drained and flaked
- 1 English cucumber, sliced
- 2 large or 3 medium avocados, peeled, pitted and sliced
- 1 small/medium red onion, thinly sliced
- ½ small bunch of cilantro (¼ cup chopped)
- 2 tbsp lemon juice, freshly squeezed
- 2 tbsp extra virgin olive oil
- 1 tsp sea salt, or to taste
- 1/8 tsp black pepper

Materials Needed:

- Cutting board
- Knife
- bowl



Instructions

1. In a large salad bowl, combine: sliced cucumber, sliced avocado, thinly sliced red onion, drained tuna, and ¼ cup cilantro.
2. Drizzle salad ingredients with lemon juice, olive oil, salt, and pepper (or season to taste) Toss and combine to serve.

Notes

This recipe is also great as a sandwich! Spread the salad within whole wheat bread slices for a nutritious meal.

Vegan? Let's do this! To veganize this dish, simply replace the tuna with canned or cooked chickpeas! All you have to do is mash up the chickpeas with a fork!

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