

AVOCADO TUNA SALAD

Adapted from: <https://natashaskitchen.com/2017/03/24/avocado-tuna-salad-recipe/>

Serves: 4-6 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 & sliced
- 1 small/medium red onion, thinly sliced
- ½ small bunch of cilantro (1/4 cup chopped)
- 2 Tbsp lemon juice, freshly squeezed
- 2 Tbsp extra virgin olive oil
- 1 tsp sea salt, or to taste
- ⅛ 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 2 Tbsp lemon juice, 2 Tbsp olive oil, 1 tsp salt and ⅛ tsp black pepper (or season to taste). Toss to combine and serve.



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