

Avocado Tuna Salad

Makes 5 servings

This makes a fast and easy lunch or dinner. You can purchase pico de gallo in the produce section or at the deli counter in most grocery stores.

Ingredient	US	Non-US
Tuna flavorseal pouches, packed in water (x2 packets)	6.4 oz each packet	
Avocado	1	
Pico de gallo	½ cup	
Whole-wheat crackers or whole-wheat pitas or lettuce wraps		

Cooking Instructions:

1. Remove the pit from the avocado. Use a spoon to scoop out the insides of the avocado and place it in a medium bowl. Mash the avocado with a fork or potato masher. Add the pico de gallo and mix well.
2. Add the tuna to the bowl and mix well. Serve the tuna salad with your choice of whole-wheat crackers, whole-wheat pitas or lettuce wraps.

Nutrition Facts	
Service Size	½ cup
Total number of servings	5
Amount Per Serving	
Calories 130	Calories from Fat ?
% Daily Value	
Total Fat 5g	
Saturated Fat 1g	
Cholesterol 30mg	
Sodium 410mg	
Total Carbohydrate 4g	
Dietary Fiber 3g	
Total Sugars 1g	
Protein 18g	
Potassium 410mg	