

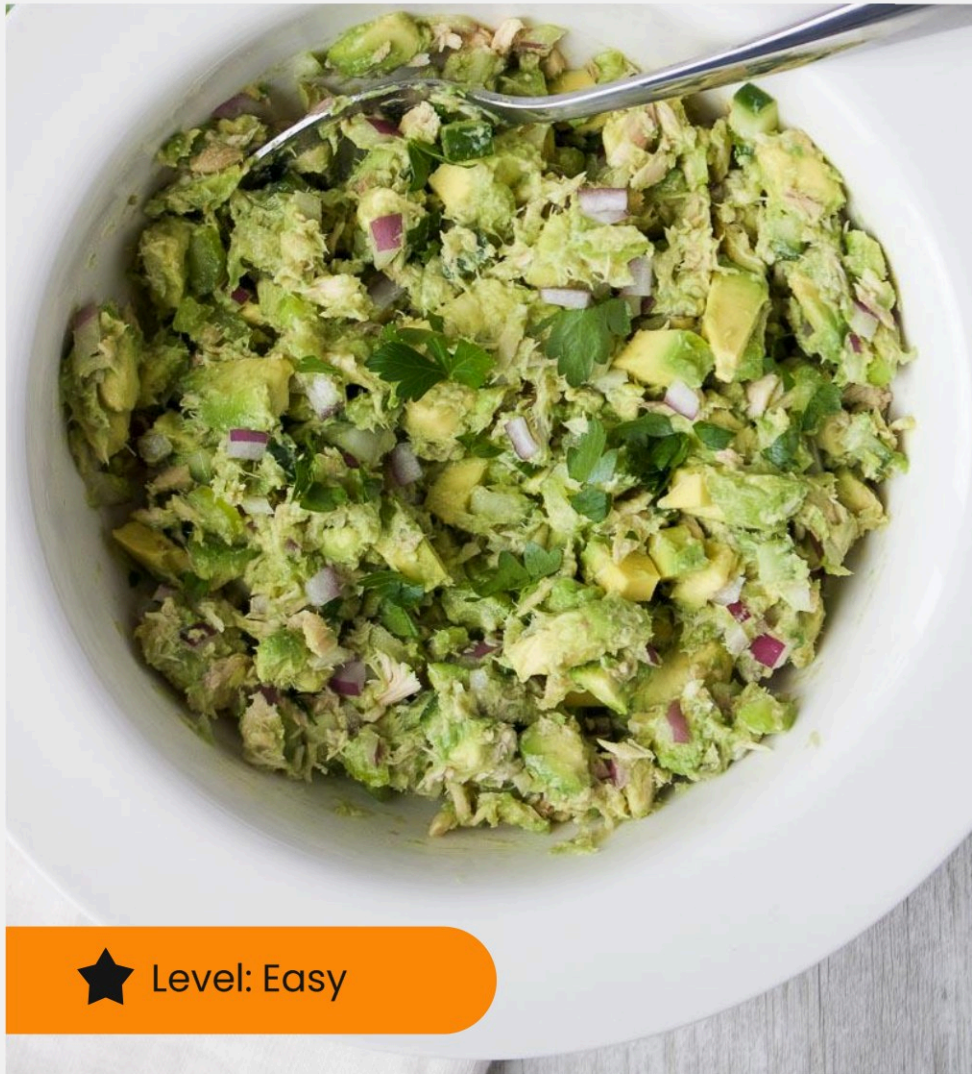
Avocado Tuna Salad



Serving: 4



Cooking Time: 10 mins



INGREDIENTS

1 ripe avocado
2 (5 ounce) cans flaked light tuna
½ red apple, chopped
½ cup chopped red onion
½ cup chopped celery
¼ cup chopped toasted walnuts
2 tablespoons mayonnaise (Optional)
1 tablespoon pickle juice
1 teaspoon dried dill weed
½ teaspoon Dijon mustard
¼ teaspoon ground cumin
salt and pepper to taste

PREPARATION

1. Cut avocado in half, scoop out the flesh into a large bowl, and mash avocado with the back of a fork or potato masher. Add tuna, apple, onion, celery, toasted walnuts, mayonnaise, pickle juice, dill, Dijon mustard, cumin, salt, and pepper; mix well.

★ Level: Easy