

Avocado Tuna Salad

Yields: 4 servings
Prep: 15 min

Ingredients

- 2-4 slices of wheat bread, toasted
- 1 can of tuna, packed in water
- 2Tbsp Dijon mustard
- 2Tbsp red onion, finely chopped
- 1/3 cup celery, finely chopped
- 1/4 of a Fuji apple, finely chopped
- 1 fresh avocado, peeled & pitted
- 1Tbsp fresh lemon juice
- Black pepper, to taste

Directions

1. In a large mixing bowl, combine the tuna, Dijon mustard, onion, celery and apple.
2. Add in lemon juice and black pepper to taste. Using a spatula, gently fold in the avocado cubes.
3. Spoon the tuna salad gently over toast.