

# Avocado Tuna Salad



Serves 2

Ingredients:

- 1 can tuna
- 1 large avocado
- 1 1/2 tablespoons extra virgin olive oil
- Salt and pepper, to taste

## Instructions:

1. Open the tuna and drain out the excess water; mash tuna in a bowl.
2. Cut avocado and scoop the flesh into the bowl with tuna.
3. Mash tuna and avocado together until well combined. Add olive oil, salt, and pepper. Mix and serve.

Nutrition per serving: Calories 286; Total Fat 22.5 g; Saturated Fat 3.4 g; Monounsaturated Fat 14.6 g; Polyunsaturated Fat 3.0 g; Total Carbohydrates 5.9 g; Dietary Fiber 4.6 g; Sugar Alcohols 0.1 g; Sugar 0.2 g; Protein 16.6 g; Sodium 326 mg