**Avocado Tuna Salad**



**Servings: 2**

**Ingredients**

1 (5 ounce) can chunk light tuna

1 small/medium avocado

1 carrot, chopped

1 celery stalk, chopped

2 tablespoons lemon juice

½ teaspoon dried dill weed

1/8 teaspoon smoked paprika

**Instructions**

1. In a medium bowl, mash together the tuna and peeled avocado

2. Add the remaining ingredients into the bowl and mix well

4. Enjoy with crackers, on a bed of lettuce, rolled in a tortilla or as a sandwich!

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**Avocado Tuna Salad**

**(Recipe on Back)**

**No mayo**-A healthy twist on tuna salad!

Avocado

- Great source of omega-3 fatty acids which are heart healthy and help lower cholesterol.

- Contains EPA and DHA witch help control inflammation, and are vital for our nervous system, including brain function and development in children.

Tuna

-Great source of lean protein

-Packed with B vitamins

-Also a good source of omega-3 fatty acids

-Contains vitamin D which helps strengthen bones



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