



# Lunch Recipes

## Avocado Tuna Salad

### Ingredients:

- ½ an avocado
- lemon juice
- 1 tbsp red onion, finely chopped
- 1 tbsp celery, finely chopped
- 1 can of tuna
- Salt, pepper, and dried dill to taste



### Directions:

1. Scoop out the middle of ½ an avocado and place in a bowl
2. Add chopped onion, celery, lemon juice (about ½ tbsp), and seasonings and mix well
3. Drain tuna, add to bowl, and mix again
4. Place on Ezekiel bread, on top of a salad, or use to stuff a pepper
5. Enjoy! The best thing about this recipe is you can mix in any combination of veggies you like. Carrots, cucumber, and red peppers would be a great added crunch.

### Nutrition Information:

**1 serving: 186 calories, 15 grams protein, 8 grams carbs, 11 grams fat**

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