

Tomato Salad with Avocado, Tuna, Cilantro & Lime

Ingredients:

- 1 large avocado
- 3 tablespoons lime juice
- 2 tablespoons olive oil
- Black pepper to taste
- Salt to taste
- 5 medium tomatoes, seeded and cubed
- 2 cans light tuna, in water
- 1/2 cup green onion, sliced
- 1/2 cup cilantro, chopped

Equipment:

- Cutting board
- Knife
- Bowls
- Whisk
- Wooden spoon
- Measuring spoons
- Measuring cup

Number of Servings: 7

Prep Time:

Total time:

Directions

1. Peel avocado and cut into 1/2 inch pieces. Put avocado pieces into a plastic bowl and toss with 1 T lime juice. Season generously with salt. Cut tomatoes and add to avocado in bowl.
2. Drain tuna well, flake apart slightly with a fork, and add to bowl with avocado and diced tomatoes. Add sliced green onions and chopped cilantro, then stir very gently to combine. (You will be stirring a bit more when you add the dressing, so don't over mix at this point.)
3. Whisk together 2 T lime juice and 2 T olive oil. Add dressing to the salad and stir a couple of times, just enough to distribute dressing through salad ingredients. Season salad with fresh ground black pepper and more salt if desired. Serve immediately.



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Nutrition Facts

Serving Size: 1 cup

Servings: 6

Amount Per Serving

Calories 186 Calories from Fat 99

%Daily Value*

Total Fat 11g 16%

Saturated Fat 2g 8%

Cholesterol 15mg 5%

Sodium 193mg 8%

Potassium 688mg 20%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 10%

Protein 15g 31%

Vitamin A 27% **Vitamin C** 66%

Iron 15% **Calcium** 5%

*Percent Daily Values are based on a 2,000 calorie diet.

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