Dinner, American

Avocado Tuna Salad with Fresh Herbs

Flaky tuna and creamy avocado are tossed with cool cucumber and a zesty mustard vinaigrette, then spooned over a bed of baby salad greens scattered with fresh herbs.



Nut free

25 min	270	12 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 (5 oz) cans tuna packed in water (drained)
- [ ] 2 med avocado (diced)
- [ ] 1 med cucumber(s) (sliced)
- [ ] 1/4 cup red onion (thinly sliced)
- [ ] 1 1/2 tbsp extra virgin olive oil
- [ ] 2 1/2 tsp red wine vinegar
- [ ] 1 tsp Dijon mustard
- [ ] 1 clove garlic (minced)
- [ ] 1/4 tsp kosher salt
- [ ] 1/4 tsp black pepper
- [ ] 4 cup baby salad greens
- [ ] 1/3 cup fresh herbs (such as dill, parsley, chopped)

Nutrition Facts

Per serving

Calories	270
Total fat	17 g
Saturated fat	2 g
Sodium	180 mg
Total carbs	12 g
Fiber	3 g
Total sugars	2 g
Protein	22 g

Method

- [ ] 1 Put the drained tuna packed in water into a large bowl, then add the diced avocado, sliced cucumber, and thinly sliced red onion.
- [ ] 2 In a small bowl, whisk the extra virgin olive oil, red wine vinegar, Dijon mustard, minced garlic, kosher salt, and black pepper until smooth.
- [ ] 3 Pour the dressing over the tuna mixture and toss gently so everything is evenly coated.
- [ ] 4 Spread the baby salad greens and chopped fresh herbs on serving plates and top with the tuna avocado mixture.

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