Dinner

Mango Avocado Tuna Lettuce Cups

A bright no-cook tuna salad studded with creamy avocado and sweet mango, dressed with lime and mayo. It is spooned into crisp lettuce leaves and finished with crunchy pistachios.



Gluten free

5 min	250	14 g	7 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1, 12 oz. can Chunk Light Tuna in water
- [ ] 1 med avocado (cubed)
- [ ] 1/2 med mango (diced)
- [ ] 1/3 cup light mayonnaise (extra virgin olive oil)
- [ ] 1 tbsp lime juice
- [ ] 1 tsp lime zest
- [ ] 8 med leaves Bibb lettuce
- [ ] 2 tbsp pistachios (chopped)

Method

- [ ] 1 Drain the can of Chunk Light Tuna in Water and tip it into a medium bowl, then gently fold in the cubed avocado and diced mango.
- [ ] 2 Whisk the light mayonnaise with the lime juice and lime zest in a small bowl, then gently stir this dressing through the tuna mixture.
- [ ] 3 Arrange the 8 med leaves Bibb lettuce on a platter, divide the tuna mixture among the leaves, and scatter the chopped pistachios over each one.

Nutrition Facts

Per serving

Calories	**250**
Total fat	15 g
Saturated fat	2 g
Sodium	450 mg
Total carbs	14 g
Fiber	5 g
Total sugars	7 g
Protein	19 g

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