

## Easy Avocado Tuna Salad: My New Favorite Lunch Hack

2 (5-ounce) cans of tuna, packed in water, drained



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### INGREDIENTS

2 (5-ounce) cans of tuna, packed in water, drained

1 ripe avocado, mashed

1/4 cup finely chopped red onion

1/4 cup finely chopped celery

1 tablespoon fresh lemon juice

1/4 teaspoon black pepper

Salt to taste

Optional Add-Ins:

1 tablespoon fresh cilantro or dill, chopped

A pinch of red pepper flakes for heat

1/4 cup of corn kernels

Swaps and Notes:

**Tuna:** Canned tuna packed in water is a great choice because it's lighter in flavor. You can also use tuna packed in olive oil for a richer taste.

**Avocado:** Make sure your avocado is ripe and soft. It should mash easily with a fork.

**Onion:** Red onion adds a great, sharp flavor and a pop of color. If you prefer a milder taste, you can use green onions.

**Lemon Juice:** The lemon juice is crucial! It not only brightens the flavor but also helps prevent the avocado from browning. Don't skip it.

**Add-Ins:** This recipe is a fantastic canvas for your favorite additions. I love adding a little fresh cilantro and a pinch of red pepper flakes for a kick.

#### Step-by-Step Instructions:

**Drain the Tuna:** Open and drain the two cans of tuna very well. Use a fork to flake the tuna into a medium-sized bowl.

**Mash the Avocado:** Cut the avocado in half, remove the pit, and scoop out the flesh into the bowl with the tuna. Use a fork to mash the avocado until it's creamy, but still has a few chunks for texture.

**Mix Everything Together:** Add the finely chopped red onion, celery, and fresh lemon juice to the bowl.

**Season:** Season the mixture with black pepper and salt to taste.

**Fold in Optional Ingredients:** If using, gently fold in the chopped cilantro, red pepper flakes, or corn kernels.

**Serve:** Mix everything together until it's well combined. Serve immediately.

**Tips for Success:**

**Don't Over-mash the Avocado:** You want some texture, so mash it just enough to make it creamy without turning it into a paste.

**Drain the Tuna Well:** Excess water from the tuna can make the salad watery. Use a fork to press out as much liquid as you can.

**Use Fresh Lemon Juice:** Bottled lemon juice will work, but fresh is always best and adds a brighter, more vibrant flavor.

**Season Gradually:** Add the salt and pepper in small increments and taste as you go. Canned tuna can vary in saltiness.

**Serving Suggestions and Pairings:**

On toasted whole-wheat bread for a classic sandwich.

In lettuce cups or wraps for a low-carb option.

Served with a side of crackers, cucumber slices, or bell pepper strips for dipping.

Over a bed of mixed greens for a light and refreshing salad. For a fresh and tangy drink pairing, try a glass of blueberry lemonade.

**Nutritional Information (per serving, approximate):**

## DIRECTIONS

1. **Drain the : Tuna:** Open and drain the two cans of tuna very well. Use a fork to flake the tuna into a medium-sized bowl.
2. **Mash the : Avocado:** Cut the avocado in half, remove the pit, and scoop out the flesh into the bowl with the tuna. Use a fork to mash the avocado until it's creamy, but still has a few chunks for texture.
3. **Mix : Everything Together:** Add the finely chopped red onion, celery, and fresh lemon juice to the bowl.
4. **Season:** Season the mixture with black pepper and salt to taste.
5. **Fold in : Optional Ingredients:** If using, gently fold in the chopped cilantro, red pepper flakes, or corn kernels.
6. **Serve:** Mix everything together until it's well combined. Serve immediately.
7. **Tips for Success: Don't Over-mash the Avocado:** You want some texture, so mash it just enough to make it creamy without turning it into a paste.
8. **Drain the : Tuna Well:** Excess water from the tuna can make the salad watery. Use a fork to press out as much liquid as you can.
9. **Use : Fresh Lemon Juice:** Bottled lemon juice will work, but fresh is always best and adds a brighter, more vibrant flavor.
10. **Season : Gradually:** Add the salt and pepper in small increments and taste as you go. Canned tuna can vary in saltiness.
11. **Serving Suggestions and Pairings:** This Avocado Tuna Salad is incredibly versatile. I love serving it in a variety of ways:

12. On toasted whole-wheat bread for a classic sandwich.
13. In lettuce cups or wraps for a low-carb option.
14. Served with a side of crackers, cucumber slices, or bell pepper strips for dipping.
15. Over a bed of mixed greens for a light and refreshing salad. For a fresh and tangy drink pairing, try a glass of blueberry lemonade.
16. Nutritional Information (per serving, approximate):  
Calories: 250 kcal
17. Carbohydrates: 10g
18. Protein: 20g
19. Fat: 16g
20. Saturated : Fat: 2g
21. Cholesterol: 35mg
22. Sodium: 400mg
23. Fiber: 6g
24. Sugar: 1g
25. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.

## SWAPS & NOTES

Tuna: Canned tuna packed in water is a great choice because it's lighter in flavor.

You can also use tuna packed in olive oil for a richer taste.

Avocado: Make sure your avocado is ripe and soft.

Onion: Red onion adds a great, sharp flavor and a pop of color.

## TIPS FOR SUCCESS

Don't Over-mash the Avocado: You want some texture, so mash it just enough to make it creamy without turning it into a paste.

Drain the Tuna Well: Excess water from the tuna can make the salad watery.

Use a fork to press out as much liquid as you can.

Use Fresh Lemon Juice: Bottled lemon juice will work, but fresh is always best and adds a brighter, more vibrant flavor.

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