

Tuna Avocado Salad



Ingredients:

- 2 – 5 ounce cans chunk light tuna
- 1 avocado, mashed
- 1/2 cup chopped celery
- 1/2 apple, chopped
- 1/4 cup chopped walnuts or pecans
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon cumin
- 1 tablespoon relish
- Pepper to taste

Directions:

1. Combine tuna, celery, apple, nuts, relish, and avocado.
2. Add cumin and pepper then mix well.
3. Serve on whole wheat bread or crackers.
4. Refrigerate left overs.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>