

Tuna Avocado Salad



Ingredients:

- 2 avocados, chopped
- 1 cup yellow onion, diced
- 1 lemon
- 1- 6 ounce can of tuna, drained
- Salt and Pepper to taste
- 2 cucumbers, sliced

Directions:

1. Combine avocado and onion in a small bowl.
2. Half the lemon and squeeze over tuna in another bowl.
3. Add the avocado and onion to the tuna.
4. Salt and Pepper to taste.
5. Slice cucumbers and use them for dipping.

Makes 4 Servings



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