



Tuno and Avocado Salad

- 1 can (5 ounce) Loma Linda Tuno, drained
- 1 ripe avocado, mashed
- ½ cup cucumber, diced
- 2 tablespoons fresh parsley or cilantro, chopped
- ¼ cup celery, minced
- ¼ cup red onion, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- ½ teaspoon sea salt
- ¼ teaspoon Pepper-Like Seasoning

Directions: Place all of the ingredients in a medium bowl. Mix with a fork or spoon until the avocado is roughly mashed and mixed through.

Serve on lettuce wraps, toast, or in a sandwich. To store, cover tightly with plastic wrap and refrigerate for up to 2 days.

Adapted from GimmeDelicious.com