



# Catholic Health Initiatives

*Imagine better health.®*

## ***Tuna Salad with Tomato, Avocado and Cilantro***

*Serves 4*

*Prep/cooking time:  
Approximately 15 minutes*

### **Ingredients:**

- 1 avocado, diced
- 3 tbsp. lime juice
- 2 cups cherry tomatoes, halved
- 1 cup cilantro, chopped
- ½ cup green onion, sliced
- 2 tbsp. extra virgin olive oil
- 2 cans tuna, 5 oz. can
- Salt and pepper



*Tasty Snack*

### **Directions:**

Toss diced avocado with 1 tablespoon of lime juice to keep them from turning brown and set aside. Combine tomatoes, cilantro and green onion in bowl. Mix together remaining lime juice and olive oil using whisk or fork and pour over tomato mixture. Drain tuna and flake apart using a fork. Add avocado and tuna to tomatoes and gently stir, coating all ingredients. Season with salt and pepper.

Serve immediately.

*Harvest of the Month*  
*cilantro*