



Mayo-Free Avocado Tuna (or Salmon) Salad

Prep: 10 minutes | SERVINGS: 4

Ingredients

- 2 slices bread- toasted and cut diagonally (or alternatively, lettuce cups)
- 1 5-ounce tuna or salmon packaged or canned, drained
- 2 tablespoons Dijon mustard
- 2 tablespoons red onion, finely chopped
- 1/4 of a Fuji apple, finely chopped
- 1 ripe, fresh Hass avocado, peeled, pitted and cubed
- 1 tablespoon. fresh lemon juice
- Black pepper, to taste

Instructions

1. In a large mixing bowl, combine the tuna/salmon, Dijon mustard, onion, celery and apple slices.
2. Add in lemon juice and black pepper to taste. Using a spatula, gently fold in the avocado cubes.
3. Spoon the tuna salad gently over toast or lettuce.

Source: www.loveonetoday.com