

## Citrus Tuna Salad

## Ingredients

12 ounces albacore tuna\*, packed in water, drained

6 tablespoons fresh lime juice, divided

3 tomatillos\*\*, husks removed, rinsed, diced (about ½ cup)

34 cup diced red bell pepper

1/4 cup diced onion

1 small jalapeño, seeds removed, minced

¼ cup minced fresh cilantro or parsley

1 teaspoon fresh oregano or ¼ teaspoon dry oregano

2 tablespoons olive oil

Salt and pepper, to taste

1 avocado

6 Bibb lettuce leaves

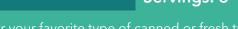
Lime wedges, for garnish

Cilantro sprigs, for garnish

6 ounces plantain chips or tortilla chips

Let's cook something delish!

Servings: 6



\*\* Tomatillos can be substituted with small tomato, chopped.

## **Directions:**

Before you begin: Wash your hands.

- 1. Cover tuna with 4 tablespoons lime juice in a medium bowl; toss gently with a fork to flake tuna.
- 2. Combine tomatillos, red pepper, onion, jalapeño, cilantro, oregano and olive oil in a separate bowl. Mix to blend ingredients. Add to tuna and toss gently.
- 3. Chill for about 30 minutes to blend the flavors.
- Season with salt and pepper to taste.
- 5. Peel avocado, remove pit and cut into 6 slices. Brush avocado slices with remaining 2 tablespoons lime juice to prevent browning.
- 6. Arrange the tuna mixture with avocado slices in lettuce leaves (cups). Garnish with lime wedges and cilantro sprigs.
- Serve with plantain chips or tortilla chips.

Nutrition facts: Calories: 340, Total fat: 21 g, Saturated fat: 3 g, Cholesterol: 25 mg, Sodium: 85 mg, Total Carbohydrate: 24 g, Fiber: 5 g, Total Sugars: 2 g, Protein: 16 g