

hally®



Citrus Tuna Salad

Let's cook
something
delish!

Ingredients

12 ounces albacore tuna*, packed in water, drained
6 tablespoons fresh lime juice, divided
3 tomatillos**, husks removed, rinsed, diced (about ½ cup)
¾ cup diced red bell pepper
¼ 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

Servings: 6



* Or your favorite type of canned or fresh tuna.

** 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.
4. 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.
7. 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