

Tuna Salad- Two Ways

Tuscan Tuna Salad

Whisk lemon juice, oil, garlic, salt and pepper in a medium bowl. Add beans, tuna, onion, parsley and basil; toss to coat well. Serve over a bed of baby greens or wrapped large pieces of Boston Bib lettuce or Romaine lettuce.

Make Ahead Tip: Cover and refrigerate for up to 2 days.

recipe from eatingwell.com

Tuna Stuffed Avocado

Scoop out about a half of the avocado into a mixing bowl.

This should hollow out the halved avocado shells enough to make little “dishes” for the tuna salad afterwards. Mash the avocado in the mixing bowl with a fork. Add remaining ingredients. Combine well. Divide the tuna salad evenly between the two avocado shells and salt and pepper to taste.

Enjoy!!!

Recipe modified from original at stayathomechef.com

With the addition of a few fresh ingredients, we can transform a basic pantry staple like tuna into a healthy and satisfying meal. These recipes require no more than 10 minutes of prep and pack perfectly for weekday lunches.