



AVOCADO AND GREEK YOGURT TUNA SALAD

SERVES 4

Ingredients

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| 2 AVOCADOS, RIPE | 1 CELERY RIB, SMALL DICE |
| 1/4 CUP PLAIN GREEK YOGURT | 1/2 RED ONION, DICED SMALL |
| 1/2 TEASPOON GRANULATED GARLIC | 1/2 LEMON |
| 1/2 TEASPOON ONION POWDER | |
| 1/4 TEASPOON SALT | |
| 1/4 TEASPOON GROUND BLACK PEPPER | |
| 1 TABLESPOON RELISH (DILL) | |
| 8 OUNCES TUNA FISH (CANNED) | |

Method

IN A MEDIUM BOWL MASH TOGETHER THE AVOCADOS AND GREEK YOGURT UNTIL SMOOTH.

STIR IN GRANULATED GARLIC, ONION POWDER, SALT, PEPPER, AND RELISH UNTIL COMBINED.

STIR IN TUNA FISH, CELERY AND RED ONION UNTIL ALL INGREDIENTS ARE COATED.

SQUEEZE IN LEMON JUICE AND STIR.

SERVE ON SANDWICH OR WITH CRACKERS AND VEGETABLES. THIS TUNA SALAD TASTE EVEN BETTER IF YOU CAN LET IT SIT FOR A COUPLE HOURS.

