



Healthy Tuna Stuffed Avocado

Makes 2 Servings



Nutrition Facts

Per serving: Calories 210 | Protein 17g | Total Fat 13g | Saturated Fat 2g
Carbs 8g | Dietary Fiber 6g | Cholesterol 27mg | Sodium 365 mg

Ingredients

- ☐ 1 avocado, halved and pitted
- ☐ 1 (4.5 oz.) cans tuna, drained
- ☐ 1/4 cup diced red bell pepper
- ☐ 1 tablespoons minced jalapeno
- ☐ 1/4 cup cilantro leaves, roughly chopped
- ☐ 1 tablespoon lime juice
- ☐ Salt and pepper (to taste)

Directions

Scoop out some of the avocado from the pitted area to widen the "bowl" area. Place the scooped avocado into a medium-size mixing bowl. Mash it with a fork.

Add the tuna, bell pepper, jalapeno, and cilantro to the mixing bowl. Pour lime juice over. Stir it all together until everything is well mixed.

Scoop the tuna into the avocado bowls. Season with salt and pepper.

Nutrition Highlights

- Avocados are packed with nutrients including fiber, potassium, magnesium, folate, and vitamins B6, C, and E.
- Hot peppers contain capsaicin, which is the element that gives peppers their heat. Research suggests that capsaicin has been shown to suppress the growth of prostate cancer cells.
- Tuna is an affordable source of protein that is ready accessible canned at the grocery store. Tuna also contains selenium, magnesium, potassium and omega 3 fatty acids.

Chef Tips

- This is great start to all of kinds of stuffed avocado ideas, chicken salad, egg salad or even tuna salad can be used in place of the tuna.
- To make an entrée salad, place a bed of greens in large serving bowl. Top with tuna salad, cut avocado into small pieces and add top salad.