

# RECIPE

## Healthy Tuna Stuffed Avocados

2 servings

### Ingredients

- 1 avocado, halved and pitted
- 1 (4.5 oz can) white albacore tuna packed in water, drained
- ¼ cup diced red bell pepper
- 1 tablespoon minced jalapeno
- ¼ cup cilantro leaves, roughly chopped
- 1 tablespoon lime juice
- Cherry tomatoes cut in half (for topping)
- Salt and pepper (to taste)

### Directions

1. Scoop out some of the avocado from the pitted area to widen the "bowl" area. Place the scooped avocado into a medium-sized mixing bowl. Mash it with a fork.
2. 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.
3. Scoop the tuna into the avocado bowls. Season with salt and pepper.
4. Place 1/2 of the stuffed avocado on each serving plate.
5. Top with cherry tomatoes!

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
210	13	2	8	17	6	365