

Creamy Avocado Tuna Salad

Recipe By *Sina Mizrahi*



Cooking and Prep:  10
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Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Gluten Free,
Low Carb, Pescetarian, Low

Fat, Sugar Free

Source: Relish by Binah

Magazine

Ingredients (7)

Main ingredients

- 12 ounces **Gefen Tuna**
- 1 large ripe avocado
- 3-4 cherry tomatoes, halved
- 1/4 small red onion, diced

- 1/4 jalapeño, minced
 - 1/4 red bell pepper, diced
 - 1 tablespoon chopped cilantro or 3 cubes **Dorot Frozen Gardens Cilantro**
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Start Cooking

For the salad

1. In a medium bowl, mash the avocado until smooth, and then add the tuna.
2. Mix in the rest of the ingredients and serve immediately.

Tip:

If you want to prepare this salad in advance, to delay the browning of the avocado, add 1 teaspoon lemon juice to the salad, then place it in a container with the avocado pit and tightly cover the surface of the salad with plastic wrap.