



Tuna Stuffed Avocado Over Greens



The Ingredients

- 1 small Hass Avocado
- 1 can Premium Solid White Tuna, packed in water
- 1 TBSP Light Mayonnaise
- 2 tsp Red Wine Vinegar
- 2 TBSP Diced Carrots
- 2 TBSP Diced Celery
- Salt and pepper to taste
- 2 cups Mesclun Greens or Spring Mix
- 2 TBSP Maple Balsamic Dressing, Stonewall Kitchen (or any creamy balsamic dressing)

Directions:

1. Drain liquid from tuna, place in a bowl and flake until tuna is in fine pieces.
2. Add mayo, vinegar, carrots, celery, salt and pepper and mix until well blended.
3. Cut avocado in half, remove pit and scoop avocado out from skin
4. Place the greens on a plate; fill avocado halves with tuna.
5. Drizzle dressing over avocado and greens.