

Mayo-Free Spicy Tuna Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Tuna Canned In Water (one can drained)
1 Avocado
1/2 Lemon (juiced)
1/2 Red Onion (finely chopped)
3 tbsps Grated Carrot
1 tsp Sriracha (more to taste)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	246	Sugar	4g
Fat	15g	Protein	16g
Carbs	15g	Sodium	196mg
Fiber	8g		

DIRECTIONS

- 01 Place the tuna in a mixed bowl with the avocado, lemon juice, onion, carrot, sriracha, sea salt and black pepper and mix well.
- 02 Serve alone or on a sandwich or salad. Enjoy!

NOTES

SALAD IDEA

Try with chopped kale, chickpeas, tuna salad, balsamic vinegar and hemp seeds (pictured).

SANDWICH IDEA

Bread, tuna salad, chopped almonds, lettuce, tomato, and dijon mustard.

MORE FLAVOR

Add chopped dill, celery, and a pinch of cayenne pepper.

