

Tuna and Avocado Salad

Ingredients

315g can tuna (or salmon), drained
300g can cannellini or butter beans (rinsed + drained)
1 tomato, chopped
1 avocado, skin and pip removed, chopped
½ large bag mixed salad leaves
Your favourite roasted/steamed veggies (e.g. pumpkin, green beans, onion, capsicum, sweet potato)

Dressing:

Juice of ½ lemon
1 tsp grated lemon rind
1 tbsp chopped basil
2 tbsp low fat natural yoghurt
Black pepper, to taste

Method

In a large mixing bowl, add tuna, beans, tomato and avocado and combine.
Stir through roasted vegetables of your choice (works well if you have leftover veggies from a roast dinner the night before).
In a small bowl, mix all salad dressing ingredients together and pour over tuna salad mixture.
Serve on a plate of mixed leaves and enjoy!

Alternative serving suggestions

- Stuff the mixture into pita bread pockets
- Serve in a wholemeal roll or multigrain sandwich thins
- Serve on top of a baked jacket potato with low fat grated cheese or a dollop of cottage/ricotta cheese.

NB: you can swap tuna for salmon or sardines, based on your taste preferences.



Source:

<https://www.eatforhealth.gov.au/eating-well/healthy-recipes/tuna-and-avocado-salad>