

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Tuna Salad

2 servings (use leftovers for tuna sandwich)

Ingredients:

- 1 large can water packed tuna, drained
- ¼ red pepper, diced
- 1 celery stalk, diced
- 4 green onions, chopped
- 1 ripe avocado
- ¼ c high quality mayonnaise
- Sea salt to taste
- Fresh ground black pepper, to taste

Directions:

- Mix all ingredients together; serve on top of bed of Spring Mix.