

AVOCADO TUNA SALAD SANDWICH

Preparation: **10** minutes | Cooking: **0** minutes | Servings: **4-6**

INGREDIENTS

2 slices whole wheat bread
2 cans flaked white tuna, drained
1 large ripe avocado
1/2 cup celery, chopped
1/2 cup red onion, chopped
1/2 red apple, chopped
1/4 cup toasted walnuts, chopped
1 tablespoon pickle juice
1 teaspoon dried dill
1/2 teaspoon Dijon mustard
1/4 teaspoon cumin
Salt and pepper



INSTRUCTIONS

In a large bowl, mash the avocado with the back of a fork. Mix in the tuna, celery, red onion, apple and walnuts. Then, stir in the pickle juice, dried dill, Dijon mustard, cumin, salt and pepper. Add the mixture between two slices of whole wheat bread. As an alternative meal, you can put the tuna salad on top of a salad or eat it plain.