

Tuna Salad

1 can albacore tuna in water

1 avocado

1 celery stalk

Red onion

Season salt

1 T mayo (optional)

Sprinkle season salt on tuna and mix. Dice avocado, celery, onion and mix with tuna. Makes 2-3 servings.

Serve on Romaine bib lettuce leaves, whole grain crackers or with tortilla chips.