

Avocado and Tuna Salad

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Creamy avocado pairs perfectly with the mayonnaise and tuna of this salad. The corn creates a slightly sweet burst of flavor as you eat it. You could also use cooked or canned chicken. Serves 6.

Ingredients:

3 cans tuna
1 whole avocado, peeled, pitted, and diced
1/2 cup mayonnaise
1/4 cup frozen corn kernels, defrosted
1 small jar roasted red pepper, drained and chopped
1/4 cup red onion, chopped
1/4 cup celery, chopped
cumin, to taste
cayenne pepper, to taste, optional
salt and pepper, to taste

Directions:

1. In a large bowl toss all the ingredients together until fully combined.
2. Season with spices and salt and pepper.
3. Chill until ready to serve. Serve as a sandwich or over lettuce as a salad.

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