Creamy Tuna Avocado Salad Bowl

A refreshing, low-carb tuna salad with creamy avocado and crunchy celery served on fresh greens, perfect for a light, protein-packed meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 can (5 oz) tuna in water, drained
- 1 ripe avocado, diced
- 1/2 cup celery, finely chopped
- 2 cups mixed salad greens
- 1 tablespoon plain Greek yogurt
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- 1/4 teaspoon black pepper
- Salt to taste

Instructions

1. In a medium bowl, combine tuna, diced avocado, and chopped celery.
2. Add Greek yogurt, olive oil, lemon juice, black pepper, and salt; gently mix until well combined.
3. Arrange mixed greens on two plates.
4. Divide the tuna mixture evenly and place it on top of the greens.
5. Serve immediately or chill for 10 minutes for a cooler option.

powered by dishgen