Zesty Tuna Avocado Salad

A fresh and creamy tuna salad with avocado and a tangy lemon dressing, perfect for a low-carb, high-protein meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 can (5 oz) tuna in water, drained
- 1 ripe avocado, diced
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- 2 tablespoons chopped red onion
- 1 tablespoon chopped fresh cilantro
- Salt and black pepper to taste

Instructions

1. In a bowl, combine the drained tuna and diced avocado gently to keep avocado pieces intact.
2. Add lemon juice and olive oil, then toss lightly to coat all ingredients.
3. Stir in chopped red onion and cilantro.
4. Season with salt and black pepper to your preference.
5. Serve immediately or chill for 10 minutes for flavors to meld.

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