Creamy Tuna Salad Avocado Boats

Rich avocado halves filled with a protein-packed creamy tuna salad, perfect for a low-carb, lean muscle-friendly meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 2 ripe avocados
- 1 (5 oz) can tuna in water, drained
- 2 tbsp Greek yogurt
- 1 tbsp mayonnaise
- 1 celery stalk, finely chopped
- 1 tbsp red onion, finely chopped
- 1 tsp Dijon mustard
- 1 tsp fresh lemon juice
- Salt and black pepper to taste
- 1 tbsp fresh parsley, chopped

Instructions

1. Cut the avocados in half and remove the pits carefully.
2. Scoop out about 1-2 tbsp of avocado flesh from each half and place it in a bowl.
3. In the bowl, combine the scooped avocado, drained tuna, Greek yogurt, mayonnaise, celery, red onion, Dijon mustard, and lemon juice.
4. Mix well until evenly combined, season with salt and pepper to taste.
5. Spoon the tuna salad back into each avocado half, dividing evenly.
6. Garnish with chopped fresh parsley and serve immediately.

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