

## **Avocado Tuna Melt**

Servings 4

### **Ingredients:**

4 slices whole grain bread  
15 ounces white chunk albacore tuna  
3 ½ tablespoons mayonnaise  
¼ teaspoon dried dill  
¼ teaspoon onion flakes  
¼ teaspoon garlic powder  
¼ paprika  
1 avocado (peeled and sliced)  
1 large tomato (sliced)  
4 slices of cheese

### **Instructions:**

Lightly toast each slice of bread. While the bread is toasting, make the tuna salad by combining the tuna, mayonnaise, dill, onion flakes, garlic powder and paprika in a medium bowl. Place the toasted bread on a baking sheet. Distribute the avocado slices among the 4 pieces of bread. Place the tomato slices on top of the avocado. Distribute the tuna salad on top of the tomato. Place a slice of cheese on top of the tuna. Place a baking sheet under the broiler on high for 3-4 minutes until the sandwich is hot and cheese is melted.

## **Avocado Tuna Salad**

6 servings as a side salad

### **Ingredients:**

15 oz tuna in oil, drained and flaked  
1 cucumber sliced  
2 large or 3 medium avocados peeled, pitted and sliced  
1 small/medium red onion thinly sliced  
¼ cup cilantro (1/2 of a small bunch)  
2 Tbsp lemon juice freshly squeezed  
2 Tbsp extra virgin olive oil  
1 tsp sea salt or to taste  
1/8 tsp black pepper

### **Directions:**

In a large bowl, combine sliced cucumber, sliced avocado, thinly sliced red onion, drained tuna and ¼ cup cilantro. Drizzle salad ingredients with 2 Tbsp lemon juice, 2 Tbsp olive oil, 1 tsp salt and 1/8 tsp black pepper (or season to taste). Toss to combine and serve.