

Tuna-stuffed Avocados with Corn Salsa



An avocado half is a perfect vessel to serve tuna salad, creating a colorful, striking presentation. Yummy corn salsa is mixed into the tuna salad. The healthy fats in the avocado and the omega-3 fatty acids in the tuna will keep you feeling fuller longer with sustained energy. A perfectly portioned meal to start bringing spring into your diet.

Ingredients for the Salsa

- 2 ears corn, shucked and kernels cut off
- 1 Tbsp. water
- 1 cup chopped tomato (about 1 medium tomato)
- 1/2 cup chopped cilantro
- 2 Tbsp. finely chopped red onion
- 1 Tbsp. finely chopped jalapeño
- 2 Tbsp. lime juice, plus more if needed (from 1 lime)

Nutrition

- Servings: 6
- Calories: 273
- Fat: 15.8 g
- Protein: 18.6 g
- Carbohydrates: 18.2 g
- Dietary Fiber: 8 g
- Sodium: 292 mg

Ingredients for the Tuna

- 1 (12.6-ounce) pouch chunk light tuna in water
- 1/2 cup chopped celery
- 1/3 cup fat-free, plain Greek yogurt
- 1 Tbsp. lemon juice, plus more as needed
- 1/4 Tbsp. ground black pepper
- 3 avocados (halved, pitted)

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Directions for the Salsa

1. Use a knife to slice the kernels off 2 ears of corn. Add corn into a heatproof container with 1 tablespoon water, cover, and heat until cooked, about 1 to 2 minutes. Cool to use in the salsa.
2. Prepare the other ingredients, chopping the tomato, cilantro, red onion, and jalapeno. Add into a bowl, along with the corn and lime juice.
3. Stir together to combine. Taste, adding more lime juice or jalapeno depending on desired taste. Let sit for flavors to mingle.

Directions for the Salsa

1. In a medium bowl, add the tuna. Chop the celery and add to the tuna.
2. Into the tuna, stir in yogurt, lemon juice, salt, and pepper.
3. Mix the prepared corn salsa into the tuna.
4. Halve and remove the pit from each avocado. Drizzle a little lemon juice on the top of each avocado half to prevent from browning. Spoon tuna mixture into each avocado half, packing as much tuna into each one as possible. (If the pit doesn't leave large enough of a "cup" for the tuna, spoon a tiny bit of the avocado out to fill it up with tuna.)
5. Serve immediately or place in the fridge to chill before serving.