

Tuna Avocado sandwich

10 MINS | 1 serving

Ingredients

- | | |
|------------------------------------|-------------------------------------|
| 1 can tuna | 1/2 avocado (medium) |
| 1 stalk celery (finely chopped) | 3 1/2 ozs sourdough bread (toasted) |
| 2 tbsps red onion (finely chopped) | sea salt & black pepper (to taste) |

Preparation

1. In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
2. Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

swap

Instead of this:

red onion
avocado

Use this:

chives or green onions
mayonnaise or greek yogurt

Nutrition information per serving

Total Fat **16g**
Saturated Fat **3g**
Sodium **928mg**

Total Carbohydrates **60g**
Fiber **10g**
Sugar **2g**

Calories **566 kcal**
Protein **44g**



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