

Tuna Egg Salad

Cooking Instructions

1. Chop the eggs and red onion and place in a bowl with the tuna and avocado.
2. Mix to combine all the ingredients. Season with salt and pepper to taste.
3. Eat out of the bowl, on a piece of whole-grain toast, in a wrap, over greens, etc.

Recipe

- 2 hard-boiled eggs
- 1 can of light tuna in water
- ½ avocado
- 2 tbsp red onion
- salt and pepper, to taste

Grocery List (add optional toppings to list as desired)

Produce

- Red onion
- avocado

Canned Goods/Grocery

- Tuna

Meat/Poultry

- Eggs (hard boiled)