

**Tuna and Avocado Salad**  

**Ingredients**  
   
1 5oz. can albacore or skipjack tuna, drained

½ ripe avocado or 3 Tablespoons *Wholly Avocado*

1 tsp. *Terra’s Table* mushroom powder

½ tsp. cayenne or jalapeno powder, optional…this makes it very spicy

2 Tablespoons onion, minced or finely chopped

¼ cup *Cilantro Jalapeno Sauce*, (can be adjusted to desired consistency)

Sea salt & pepper to taste  
2 Tablespoons fresh cilantro to garnish

**Directions:**

Place everything except the cilantro in a mixing bowl. Mix thoroughly.   
Garnish with cilantro.

This makes two servings. Serve over a salad of mixed greens and fresh spinach or with whole grain bread for an excellent sandwich! Or both! Enjoy.

**Cook’s note:** Ripe avocado makes a great substitute for mayonnaise as a binder. Try in deviled eggs, chicken salad, potato salad or spread on your favorite sandwich.

**Note:** If you're looking for tuna products that don't come from destructive sources, Greenpeace suggests buying Wild Planet, American Tuna, and Ocean Naturals. The products from these companies come from fisheries using methods with minimal impact on other marine life, like local, pole-and-line fishing. I also like to buy from Whole Foods and Trader Joes.

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