

- Prep Time: 15 minutes
 - Cook Time: 0 minutes
 - Intensity Level: Easy (No-Cook)
 - Cuisine: American
 - Course: Salad / Lunch
 - Dietary Tags: Gluten-Free, Dairy-Free, Pescatarian, Keto-Friendly, Low-Carb
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Table of Contents



- [Ingredients](#)
- [Equipment](#)
- [Instructions](#)
 - [Step 1: Prepare the Dressing \(Time: 2 minutes | Intensity: Low\)](#)
 - [Step 2: Flake the Tuna \(Time: 2 minutes | Intensity: Low\)](#)
 - [Step 3: Add the Vegetables \(Time: 3 minutes | Intensity: Low\)](#)
 - [Step 4: Fold in the Avocado \(Time: 3 minutes | Intensity: Medium-Low\)](#)
 - [Step 5: Taste and Adjust \(Time: 2 minutes | Intensity: Low\)](#)
 - [Step 6: Chill or Serve \(Time: 0-10 minutes | Intensity: None\)](#)
 - [Step 7: Plate and Garnish \(Time: 3 minutes | Intensity: Low\)](#)
- [Timing & Intensity Summary](#)

- [Chef's Tips](#)
- [Storage](#)
- [Nutrition Information](#)

Ingredients

For the Salad:

- 1 large ripe avocado, halved, pitted, and diced
- 1 can (5 oz / 142 g) tuna in water, drained well (or tuna in olive oil, drained)
- ¼ cup finely diced red onion
- ¼ cup diced celery (about 1 small stalk)
- 2 tablespoons chopped fresh cilantro (or parsley)
- 1 tablespoon capers, rinsed (optional)
- 1 small jalapeño, seeded and minced (optional, for heat)

For the Dressing:

- 1½ tablespoons fresh lime juice (about 1 lime)

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon salt (adjust to taste)
- $\frac{1}{8}$ teaspoon black pepper
- Pinch of red pepper flakes (optional)

For Serving (optional):

- Lettuce cups, toasted whole-grain bread, crackers, or tortilla chips
- Extra lime wedges and cilantro sprigs

Equipment

- Mixing bowl (medium)

- Fork
 - Cutting board and knife
 - Measuring spoons
 - Citrus juicer (or simply roll the lime and squeeze by hand)
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Instructions

Step 1: Prepare the Dressing (Time: 2 minutes | Intensity: Low)

In a medium mixing bowl, whisk together the lime juice, olive oil, Dijon mustard, garlic powder, salt, black pepper, and red pepper flakes (if using) until smooth and slightly emulsified.

Step 2: Flake the Tuna (Time: 2 minutes | Intensity: Low)

Add the drained tuna to the bowl and flake it with a fork, mixing it gently into the dressing. Leave some small chunks for texture—avoid mashing it into a paste.

Step 3: Add the Vegetables (Time: 3 minutes | Intensity: Low)

Fold in the red onion, celery, capers, and jalapeño (if using). Stir until evenly distributed.

Step 4: Fold in the Avocado (Time: 3 minutes | Intensity: Medium-Low)

Gently fold in the diced avocado using a spatula or fork. Stop as soon as it’s combined—overmixing will make the salad mushy. For a chunkier texture, reserve a few avocado pieces and add them at the very end.

Step 5: Taste and Adjust (Time: 2 minutes | Intensity: Low)

Taste the salad and adjust: add more lime juice for brightness, salt for depth, or a drizzle of olive oil for richness. Stir in the chopped cilantro last so it stays fresh and green.

Step 6: Chill or Serve (Time: 0-10 minutes | Intensity: None)

Serve immediately, or chill in the refrigerator for 10 minutes to let the flavors meld. If chilling longer than 30 minutes, press plastic wrap directly onto the surface to slow browning.

Step 7: Plate and Garnish (Time: 3 minutes | Intensity: Low)

Spoon into lettuce cups, over toasted bread, or alongside crackers. Garnish with lime wedges and extra cilantro. Serve and enjoy.

Timing & Intensity Summary

Step	Time	Intensity
1. Dressing	2 min	Low
2. Flake tuna	2 min	Low
3. Add vegetables	3 min	Low
4. Fold in avocado	3 min	Medium-Low
5. Taste & adjust	2 min	Low

	Step	Time	Intensity
6.	Chill/serve	0–10 min	None
7.	Plate & garnish	3 min	Low
	Total	~15 min	Easy

Chef's Tips

1. Use ripe but firm avocado. A slightly firm avocado holds its shape; an overripe one turns the salad into guacamole.
 2. Drain the tuna thoroughly. Excess water dilutes the dressing and makes the salad watery.
 3. Add avocado last. This keeps the salad from browning too quickly before serving.
 4. Brightness is key. Lime juice does double duty—flavor and slowing oxidation.
 5. Make it creamy (optional). For a creamier version, mash half the avocado into the dressing and dice the rest.
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Storage

- Store in an airtight container in the refrigerator for up to 2 days.

- Press plastic wrap directly onto the surface to minimize browning.
- Not recommended for freezing—avocado becomes mushy and watery when thawed.

Nutrition Information

Per serving (recipe makes 2 servings; values are estimates):

Nutrient	Amount per Serving
Calories	~310 kcal
Total Fat	~22 g
— Saturated Fat	~3.5 g
— Monounsaturated Fat	~13 g
Cholesterol	~25 mg
Sodium	~480 mg
Total Carbohydrates	~9 g
— Dietary Fiber	~6 g
— Total Sugars	~1.5 g
Protein	~18 g
Vitamin C	~20% DV
Vitamin K	~25% DV
Potassium	~600 mg
Calcium	~3% DV
Iron	~6% DV