

Avocado and Tuna Tapas

Prep Time: 20 Minutes Ready In: 20 Minutes

Servings: 6

"Avocado halves are filled with a tangy tuna salad in this Spanish tapa. This is a light, healthy tapa that goes best with crisp white wines and crunchy bread."

Ingredients:

1 (12 ounce) can solid white tuna packed in water, drained

2 tablespoon mayonnaise

3 green onions, thinly sliced, plus

Additional for garnish:

1/2 red bell pepper, chopped

1 dash balsamic vinegar

Black pepper to taste

1 pinch garlic salt, or to taste

3 ripe avocados, halved and pitted



Directions:

1. Stir together tuna, mayonnaise, green onions, red pepper, and balsamic vinegar in a bowl. Season with pepper and garlic salt, and then pack the avocado halves with the tuna mixture. Garnish with reserved green onions and a dash of black pepper before serving.