

Tuna-Stuffed Avocados with Corn Salsa

Ingredients

For the Salsa:

- 2 ears corn, shucked and kernels cut off
- 1 Tbsp water
- 1 cup chopped tomato (about 1 medium tomato)
- 1/2 cup chopped cilantro
- 2 Tbsp finely chopped red onion
- 1 Tbsp finely chopped jalapeño
- 2 Tbsp. lime juice, plus more if needed (from 1 lime)

For the Tuna:

- 1 (12.6-ounce) pouch chunk light tuna in water
- 1/2 cup chopped celery
- 1/3 cup fat-free, plain Greek yogurt
- 1 tablespoon lemon juice, plus more as needed
- 1/4 teaspoon ground black pepper
- 3 avocados (halved, pitted)

Directions

For the Salsa:

1. Use a knife to slice the kernels off 2 ears of corn. Add corn into a heatproof container with 1 tablespoon water, cover, and heat until cooked, about 1 to 2 minutes. Cool to use in the salsa.
2. Prepare the other ingredients, chopping the tomato, cilantro, red onion, and jalapeno. Add into a bowl, along with the corn and lime juice.
3. Stir together to combine. Taste, adding more lime juice or jalapeno depending on desired taste. Let sit for flavors to mingle.

For the Tuna:

1. In a medium bowl, add the tuna. Chop the celery and add to the tuna.
2. Into the tuna, stir in yogurt, lemon juice, salt, and pepper.
3. Mix the prepared corn salsa into the tuna.
4. Halve and remove the pit from each avocado. Drizzle a little lemon juice on the top of each avocado half to prevent from browning. Spoon tuna mixture into each avocado half, packing as much tuna into each one as possible. (If the pit doesn't leave large enough of a "cup" for the tuna, spoon a tiny bit of the avocado out to fill it up with tuna.)

Serve immediately or place in the fridge to chill before serving.

Yield: 6 servings

Nutrition Information per serving: 273 calories, 15.8g fat (2.3g saturated, 0g trans), 31.9mg cholesterol, 292mg sodium, 18.2g carbohydrate, (8g fiber, 4.5g sugar), 18.6g protein.