

RECIPE | TOMATOES

LOW-CARB TUNA SALAD



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LOW-CARB TUNA SALAD



10 min

10 min | **0 min**
PREP. | COOKING



2



easy

INGREDIENTS

- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1** Pure Flavor® Long English Cucumber, diced
- 4** small green onions, finely sliced
- 1** small avocado peeled, chopped
- 12 oz** can tuna, flaked
- ½ cup** small romaine lettuce, chopped
- 2 tbsp** extra virgin olive oil
- 1¼ tbsp** mayonnaise
- 2 tsp** lemon zest

- 2 tsp** capers, chopped
- 1 tbsp** lemon juice
- Salt and pepper, to taste

DIRECTIONS

- 1** Add the tuna to a mixing bowl along with the lemon zest, capers, mayonnaise and salt & pepper, to taste. Mix well to combine.
- 2** To assemble the salad, arrange a quarter of the tomatoes in the base of each jar.
- 3** Layer the cucumbers, tuna, avocado, remaining tomatoes and lettuce on top.
- 4** Top the salad with green onions and drizzle with half the lemon juice and olive oil.