



RECIPE | TOMATOES

LOW-CARB TUNA SALAD



10 min
PREP.



2



easy

10 min

0 min
COOKING

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
1 ¼ 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.

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