

## Avocado Tuna Boat



### Ingredients:

- 2 avocados, halved
- 1/2 sweet onion, diced
- 1 tablespoon olive oil
- 1 medium tomato, diced
- 1 can (5 ounce) albacore tuna, drained and rinsed

### Directions:

1. In a large bowl add tuna, onion, olive oil, and tomatoes until evenly mixed.
2. Spoon mixture into the halved avocado.

Makes 4 Servings



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