

Tuna Stuffed Mini Avocados

I love mini veggies — if I have the choice between a regular eggplant and a baby one, I'm going with the baby eggplant every time. I always choose small zucchini, baby carrots (real baby carrots, not the trimmed ones you buy in the bags for snacks!) and baby greens. Smaller vegetables are not just cute, but they also taste better, and just maybe more nutritious. For some things, a smaller size means you're not wasting them, like these mini avocados I picked up at Trader Joe's.

I love these mostly because, at about half the size of a regular avocado, I can cut into one, and eat the whole thing. For these, I stuffed them with a mixture of Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna, Ava Jane's Kitchen Avocado Oil, and Sriracha. Some crunchy Colima Sea Salt at the end brought everything alive. It made a healthy, filling lunch that I didn't have to think about or cook.

One reason I like this so much is that I am not fan of most mayo based tuna salads, but I like the creaminess factor. Here, the avocado adds that creaminess, but in a healthier way. You can customize this however you want, of course. Use your favorite kind of hot sauce. Add celery and onions. If you can't find mini avocados, a regular one will work just fine. And, if you must have mayo in your tuna salad, then by all means, add it. This is really more of an "idea" than a recipe; it's just taking some high quality, delicious tuna, and spooning it into an avocado.

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Serves 2

Prep time: 10 minutes

Ingredients:

1 package Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna, drained
2 teaspoons your favorite hot sauce, more or less to taste
1 teaspoon Ava Jane's Kitchen Avocado Oil
Juice of 1 lemon
1 tablespoon fresh chopped parsley
2 mini avocados
Colima Sea Salt

Directions:

Put the tuna, hot sauce, oil, lemon juice, and parsley in a bowl. Using a fork, mix well.

Cut the avocados in half and remove the pit. Spoon the tuna mixture into the avocados, and enjoy.