



NUTRITION PER SERVING:

CALORIES	224
PROTEIN	15 G
CARBOHYDRATE	24 G
TOTAL FAT	9 G

PREP TIME: 20 MINUTES

COOK TIME: NONE

YIELD: 4 SERVINGS

SERVING SIZE: 2 C SALAD,
2 TBSP DRESSING

INGREDIENTS:

- 4 C** RED LEAF LETTUCE, RINSED AND CHOPPED (ABOUT 8 LEAVES)
- 1 C** FROZEN WHOLE KERNEL CORN, ROASTED (ON A PAN IN THE OVEN OR TOASTER OVEN AT 400 °F FOR 7–10 MINUTES)
- 1 C** CARROTS, SHREDDED
- 1** TOMATO, RINSED, HALVED AND SLICED
- 1 C** RIPE AVOCADO, PEELED AND SLICED*
- 1 CAN** (6 OZ) CANNED WHITE ALBACORE TUNA IN WATER

FOR DRESSING:

- 2 TBSP** LEMON JUICE (OR ABOUT 1 FRESH LEMON)
- 1 TBSP** LIME JUICE (OR ABOUT 1 FRESH LIME)
- 1 TBSP** HONEY
- 1 TBSP** FRESH PARSLEY, RINSED, DRIED, AND MINCED (OR 1 TSP DRIED)
- 1 TBSP** WATER
- 1 TBSP** OLIVE OIL



TUNA AND AVOCADO COBB SALAD

NOT JUST A SALAD, BUT A DELICIOUS MEAL— TRY SERVING WITH CRUSTY WHOLE-GRAIN BREAD

- 01 Preheat oven or toaster oven to 450 °F
- 02 For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
- 03 Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

Note: Four ounces of fresh grilled tuna steaks, salmon, or shrimp can be substituted for the albacore tuna.

