

Sanchico Tuna Salad

Makes: 4 Servings

Ingredients

- 1 can** chunk light tuna (in water)
- 1 cup** Roma tomatoes (diced)
- 1/4 cup** red onions (diced)
- 1** large avocado (diced)
- 2 teaspoons** lime juice
- 1 teaspoon** crushed red pepper
- 1/4 teaspoon** salt
- 1/2** large mango (firm)

Directions

1. Drain tuna. Transfer to a mixing bowl and mix well with avocado for texture.
2. Add tomatoes, onion, pepper, lime juice, salt, mango.

Houston Food Bank. Chef Jose Montoya

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	152	
Total Fat	6 g	9%
Protein	16 g	
Carbohydrates	11 g	4%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	344 mg	14%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1/2 cup