



### NUTRITION PER SERVING:

<b>CALORIES</b>	224
<b>PROTEIN</b>	15 G
<b>CARBOHYDRATE</b>	24 G
<b>TOTAL FAT</b>	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.

