

## Tuna and Avocado Cobb Salad

(Makes 4 servings)

### **Ingredients:**

#### ***For Salad***

- 4 cups red leaf lettuce, rinsed and chopped (about 8 leaves)
- 1 cup frozen whole kernel corn, roasted (*on a pan in the oven or toaster oven at 400°F for 7-10 minutes*)
- 1 cup carrots, shredded
- 1 tomato, rinsed, halved and sliced
- ½ ripe avocado, peeled and sliced\*
- 1 cup frozen green peas, thawed
- 1 can (6 oz.) canned white albacore tuna in water



#### ***For Dressing***

- 2 tablespoons lemon juice (or about 1 fresh lemon)
- 1 tablespoon lime juice (or about 1 fresh lime)
- 1 tablespoon honey
- 1 tablespoon fresh parsley, rinsed, dried, and minced (or 1 teaspoon dried)
- 1 tablespoon water
- 1 tablespoon olive oil

### **Directions:**

- 1) Divide and arrange 2 cups of salad ingredients in each of 4 serving bowls.
- 2) For dressing, combine all ingredients and mix well. Spoon 2 tablespoons over each salad, and serve.

*\*Tip: Look for an avocado that is slightly firm, but soft enough to be gently squeezed.*

### **Nutritional Analysis:** (per serving)

- Calories: 224
- Total Fat: 9 g
- Saturated Fat: 1 g
- Cholesterol: 18 mg
- Sodium: 264 mg
- Total Fiber: 6 g
- Protein: 15 g
- Carbohydrates: 24 g

### **Source:**

*Keep the Beat, Delicious Healthy Eating from the National Heart, Lung and Blood Institute*