

tuna & avocado salad

(serves 4)

Ingredients:

315g can tuna in spring water, drained
300g can cannellini or butter beans, drained
1 tomato, chopped
1 avocado, skin and pip removed and chopped

Dressing:

Juice of ½ lemon
1 teaspoon grated lemon rind
1 tablespoon chopped basil
2 tablespoons lowfat natural yoghurt
Freshly ground or cracked black pepper, to taste

Method:

In a bowl lightly fold tuna, beans, tomato and avocado.
In a small bowl mix all dressing ingredients together and pour over tuna mixture.

Serving suggestion:

Stuff the mixture into pita bread pockets;
serve in a wholemeal roll;
or pile on top of a baked jacket potato or toasted Turkish bread.