

### 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:

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

### FOR DRESSING:

<b>2 TBSP</b>	LEMON JUICE (OR ABOUT 1 FRESH LEMON)
<b>1 TBSP</b>	LIME JUICE (OR ABOUT 1 FRESH LIME)
<b>1 TBSP</b>	HONEY
<b>1 TBSP</b>	FRESH PARSLEY, RINSED, DRIED, AND MINCED (OR 1 TSP DRIED)
<b>1 TBSP</b>	WATER
<b>1 TBSP</b>	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.

