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[Home](#) > Chopped Tuna Salad

Chopped Tuna Salad



[40 Calories Wheat](#)

Total Time:

8

MIN

Number of Ingredients:

10

Servings:

3

Level:

Easy

Ingredients:

1 can (5 oz.) solid white tuna in water, drained

1/2 avocado, chopped

3/4 cup chopped Romaine lettuce

1/3 cup frozen corn kernels, thawed and drained

1/4 cup seeded and chopped tomato

1/4 cup chopped red onion

2 tablespoons salsa

Salt and pepper to taste

6 slices Nature's Own Life Wheat 40 Calorie Bread

Instructions:

In medium bowl stir together all ingredients except bread.

Divide tuna mixture among three slices of bread.

Top each with another slice of bread.

Source URL: <http://naturesownbread.com/recipe/chopped-tuna-salad>