

Fitness Aspects

For the Body & Mind



NUTRITION PER SERVING:

CALORIES	224
PROTEIN	15 G
CARBOHYDRATE	24 G
TOTAL FAT	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 $\frac{1}{4}$ cup tomato sauce on a pita and top with $\frac{1}{4}$ cup chicken, $\frac{1}{4}$ cup broccoli, $\frac{1}{2}$ tablespoon parmesan cheese, and $\frac{1}{4}$ 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.

