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| TUNA AVACADO  **Ingredients:**  1 (5 ounce) can wild albacore tuna (drained)  1 small/medium avocado  1 carrot, chopped  1/4 cup red onion or white onion  1 celery stalked, chopped Directions: 1. In a medium bowl, mix together the tuna, avocado, carrots, onions, celery & 2-3 oz. Lite Greek dressing mix well.  2. Stuff into avocado and Enjoy! |  |