

# Tuna Salad Snack Crackers

Vivian Howard, *This Will Make It Taste Good*



## Servings: 4

NOTE: if you don't have avocado, sliced hardboiled egg will do. One of the big benefits of Wasa crackers is that when you bite into them, they will not break apart in your hand.

1. Place drained tuna in a medium bowl and break apart some. Stir in celery, salt, Little Green Dress (LGD) and mayonnaise. Stir well. Set aside.
2. Cut avocado into slices and squeeze lemon juice over avocado and season with the 1/4 teaspoon salt, if needed.
3. Divide avocado slices on crackers and spoon tuna mixture on top. Serve immediately. Two slices make a very adequate lunch portion.

10 ounces canned tuna, water-packed, drained,  
can use up to 12 ounces tuna

1/2 cup celery, finely diced

1/2 teaspoon kosher salt, [might be too much -  
taste first]

1/2 cup Little Green Dress

2 tablespoons mayonnaise

1 large avocado, halved, pitted, peeled, sliced

Juice of one lemon

1/4 teaspoon salt, optional

**8 whole Wasa Fiber Whole Grain Crispbread**

*Per Serving (excluding unknown items): 327*

*Calories; 19g Fat (41.9% calories from fat);*

*21g Protein; 37g Carbohydrate; 16g Dietary*

*Fiber; 27mg Cholesterol; 980mg Sodium; 1g*

*Total Sugars; 1mcg Vitamin D; 81mg*

*Calcium; 4mg Iron; 725mg Potassium;*

*134mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**