

# Avocado Tuna Open-face Sandwich



- ½ Whole wheat English muffin toasted
- 1 avocado mashed
- 1 can tuna or chicken drained
- 1 Tbsp apple cider vinegar
- 1 Tbsp Dijon mustard
- 1 stalk celery chopped
- 3 Tbsp red bell pepper chopped
- 3 Tbsp red onion chopped
- 1/3 cup walnuts chopped
- 3 Tbsp cilantro chopped
- Salt and Pepper to taste

Begin by mashing up the avocado with the mustard and apple cider vinegar, add tuna or chicken, mix well. Add chopped celery, bell pepper, onion, walnuts and cilantro. Salt and pepper to taste.

Substitutions:

Finely chopped carrots would be a colorful sweet option.

Chopped radishes will add a zip of flavor.

Vegan option: substitute the canned meat for additional chopped vegetables of your choice.