Michele Sodon

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

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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 ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ 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.