

Spicy Tuna Avocado Boats



Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients:

1. 2 Large Avocados (halved and pitted)
2. 2- 5oz Can Tuna (drained)
3. 1 Rib Celery (finally chopped)
4. 2 Tbs. Shallots (chopped)
5. 1 Tbs. Garlic (minced)
6. 4 Tbs. Creamy Horseradish Sauce
7. ¼ Cup Parmesan Cheese (shredded)
8. ¼ Cup Parmesan Cheese (grated)
9. Salt and Pepper (to taste)

Directions:

1. Preheat oven on Broil-High. Line a baking sheet with foil.
2. Scrape half of the avocado out of each shell.
3. In a large mixing bowl, combine avocado, tuna, celery, shallots, garlic, creamy horseradish and salt and pepper.
4. Fill avocado shells with tuna mixture. Pile it in nice and high. Top each avocado boat with grated parmesan and shredded parmesan.
5. Broil on medium rack for 15 minutes.

Tip: If you are not a fan of spicy foods, simply replace some or all of the creamy horseradish with mayonnaise or plain Greek yogurt.

Nutrition Facts

Amount per serving:

Calories	245
Total Carbs	4.75 nt. g
Total Fat	14.4 g
Protein	17 g