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**Tuna Avocado and Tomato salad**

* 1 can of tuna
* 1 avocado peeled cut in chunks
* 1 small shallot
* Cherry Tomatoes Hand full Sliced in to smaller pieces
* ¼ mayo optional
* ½ lemon squeezed or lime
* Fresh cilantro leaves chopped
* Salt
* Pepper

1. Mash the Avocado
2. mix all ingredients together
3. serve with or on lettuce leaves

This recipe is from http://www.superexhausted.com/2013/05/avacado-tomato-tuna-salad/