

## Oregon Tuna Salad

½ teaspoon grated lime rind  
3 tablespoons fresh lime juice  
2 tablespoons olive oil  
2 teaspoons honey  
½ teaspoon ground cumin  
½ teaspoon salt  
½ teaspoon liquid red-pepper seasoning  
1 ripe avocado (about 12 ounces)  
2 cans Oregon Albacore tuna, drained  
1 sweet red pepper, cored, seeded and cut into ½ inch squares  
1- 8oz. can sliced water chestnuts  
2 tablespoons chopped cilantro

Whisk together lime rind and juice, olive oil, honey, cumin, salt and red-pepper seasoning in medium-size bowl until blended. Pit and peel avocado; cube. Add to dressing; toss to prevent discoloring. Flake tuna into bowl with the avocado and dressing. Add red pepper, water chestnuts and cilantro to tuna; toss to combine. Serve chilled over bed of lettuce or use as a sandwich filling.

(Courtesy of Kelly Childress)