

## Gourmet Tuna Salad

- 1 jar or can high quality tuna or salmon
- ¼ cup organic, cultured cottage cheese
- ½ avocado, cubed
- 1 Tbsp fresh flat leaf parsley, minced
- 1 Tbsp pickled jalapeno peppers, chopped (optional)
- 2 Tbsp fresh lemon juice
- 1-2 Tbsp olive oil
- Sea salt & pepper to taste

Mix all ingredients together.

Enjoy with celery sticks, crackers or bread.

Pairs very well with cultured veggies such as sauerkraut in sandwiches.