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# Low-Glycemic Tuna Avocado Power Slaw

*A protein-packed, blood sugar-friendly salad featuring omega-3 rich tuna, creamy avocado, and crunchy vegetables with a tangy Greek yogurt dressing.*

Prep: 5 min

Total: 5 min

Servings: 2

**GL 4.3 / GI 21**

## Ingredients

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**Canned, drained weight** tuna in spring water, drained

**Pre-shredded cabbage and carrots** coleslaw mix

**Medium-sized, ripe** avocado, diced

**Raw or roasted** pumpkin seeds

**Freshly squeezed preferred** fresh lemon juice

**Full-fat or 2% recommended** Greek yogurt

**Use quality mayo with healthy oils** whole-egg mayonnaise

**Adds tangy flavor** Dijon mustard

**Freshly ground, to taste** black pepper

# Instructions

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## Step 1

Prepare your dressing base by combining the Greek yogurt, whole-egg mayonnaise, Dijon mustard, and freshly squeezed lemon juice in a small mixing bowl.

## Step 2

Whisk the dressing ingredients together vigorously until completely smooth and well emulsified, creating a creamy, tangy base. Season generously with freshly ground black pepper to taste.

## Step 3

Open and thoroughly drain the canned tuna, pressing gently to remove excess water. Flake the tuna into bite-sized chunks using a fork.

## Step 4

In a large salad bowl, combine the coleslaw mix with the flaked tuna, distributing the protein evenly throughout the vegetables.

## Step 5

Cut the avocado in half, remove the pit, and dice the flesh into bite-sized cubes. Gently fold the avocado into the tuna and coleslaw mixture, being careful not to mash it.

## Step 6

Pour the prepared yogurt dressing over the salad and toss gently but thoroughly, ensuring every ingredient is lightly coated with the creamy dressing.

## Step 7

Divide the slaw between two serving bowls or plates, creating an attractive mound of the colorful mixture.

## Step 8

Finish each serving by sprinkling pumpkin seeds generously over the top for added crunch, healthy fats, and a boost of magnesium. Serve immediately for best texture and flavor.