
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

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

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.