

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 5: Cuenca Tuna Salad - From a Kitchen in Ecuador

From Chef Hans: When traveling, it is important to focus on nutrition while incorporating the local flair and a bit of comfort food. Try new foods & flavors by perusing the local markets and throw something quick & nutritious together in your hotel kitchen! Customize this tuna salad recipe as needed for when you are NOT in Ecuador!

Lime juice & avocado substitute for the mayonnaise in this tuna salad. The avocados help bind the ingredients together while giving the dish a ton of flavor. Feta cheese adds a bit of *ZING* to the overall dish.

Serves 1 - 2

INGREDIENTS:

- 1 can/packet flaked tuna in olive oil
- 1 cup par-cooked Ecuadorian mixed grains OR canned garbanzo beans, drained & rinsed
- 2 cloves garlic, minced
- ½ small red onion, diced
- 2 limes OR key limes, juiced
- ¼ cup feta cheese (optional)
- 1 avocado, scooped out of shell & rough chopped
- ½ teaspoon salt, add more to taste
- ¼ teaspoon pepper, add more to taste
- ½ tablespoon fresh cilantro, rough chopped

ASSEMBLING THE SALAD:

Add all ingredients into a large bowl & give it a good mix until all flavors are incorporated. Be sure to adjust the seasonings to your own taste.

Enjoy in a sandwich, with crackers, maybe with a side of sliced local tomatoes, or just on its own!

This will keep in the refrigerator for 2 to 3 days.