Avocado Tuna Boats

**Ingredients**

- 2 large avocados
- 2 stalks of celery (optional)
- 1 lemon
- 1/2 small onion
- 1 (6-ounce) can low-sodium tuna packed in water
- 1 (15 1/2-ounce) can of white beans
- 1 tablespoon of canola oil
- 1 tablespoon mustard
- 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper

**Directions:**

1. Rinse celery stalks, and dice them into small pieces.
3. Rinse and dice onion.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 tablespoons of the lemon juice to the beans. Mix with fork.
7. Cut one avocado in half. Remove the pit. Fill each avocado half with 1/4 tuna mixture. Enjoy!
8. Wait to open your second avocado until the next time you're ready to eat. Store leftover tuna mixture in the fridge for up to 3 days.

**Recipe Notes:**

You may substitute the avocado with cucumber - cut in half lengthwise and remove the seeds with a spoon. You may also substitute other ingredients such as any type of beans, or onion and even tomatoes instead of celery. Don't be afraid to be creative!