

Tuna and Roasted Potato Salad with Avocado Buttermilk Dressing

Ingredients:

- 12 ounces baby red potatoes, halved
- 1 Tbs extra-virgin olive oil
- 1 tsp. chile powder
- 1 avocado, halved
- 3/4 cup buttermilk
- 1 Tbs lemon juice
- 1/2 cup chopped fresh parsley (or any leafy herb such as basil, dill, etc.)
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground pepper
- Romaine lettuce, chopped
- 1 1/2 cup frozen corn, thawed
- 1/2 of an orange bell pepper, chopped
- 1/2 of a red bell pepper, chopped
- 2, 5 oz. cans of solid light tuna in water

Preheat the oven to 400 degrees. Toss the potatoes with the olive oil and chile powder. Place potatoes on a rimmed baking sheet and roast until golden brown and a fork can easily pierce potato, about 25 minutes.

Puree half of the avocado in a blender or food processor with the buttermilk, lemon juice, parsley, salt, and pepper. Chop the remaining avocado half.

Plate your dish with the lettuce, corn, bell peppers, warm potatoes, and dressing. Top with chopped avocado and tuna. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Whispers to the avocado...I'm the good kind of fat too."
- Anonymous