

Quick & Easy

THE COSTCO WAY

Smashed Avocados from Peru Salad

Makes 4 servings

Ingredients:

1 Avocado from Peru, peeled, pitted and mashed
15 oz can chickpeas, drained or 2 cans of tuna, drained
1 celery stalk, finely chopped
2 Tbsp pickles, finely chopped
1 green onion, finely chopped
1 Tbsp capers, finely chopped
3 Tbsp vegan mayonnaise, mayonnaise, or plain yogurt
½ lemon, juiced
Salt and pepper, to taste
1½ tsp kelp flakes (optional)
Lettuce cups or sandwich bread, for serving

Instructions:

In a large bowl, add the avocado and mash until creamy. Add in the chickpeas or tuna, mashing the chickpeas and stirring to combine. Add in the celery, pickles, onion, capers, mayo or yogurt, lemon juice, salt and pepper, and kelp. Stir to combine. Season to taste. Spoon the mixture into lettuce cups or bread slices.

Note: For a vegan option, substitute tuna and mayonnaise with a 15 oz can of chickpeas and vegan mayonnaise.

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