RECIPE

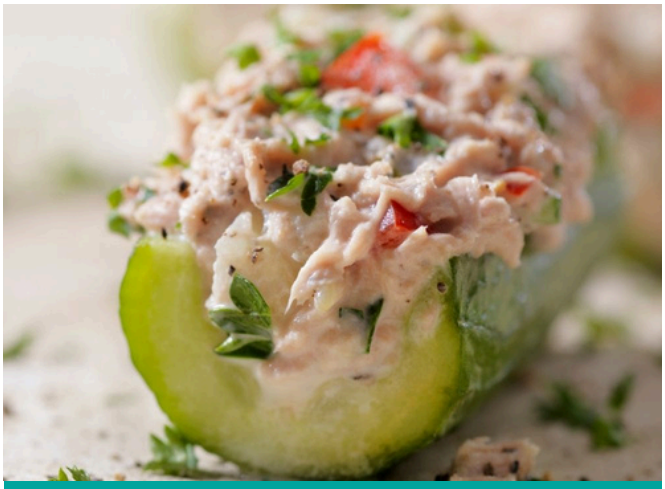
Tuna Boats

For a snack or party food, cut cucumbers into thick slices. Place a dollop of tuna mixture on top.

Makes: 4 servings

Prep Time: 15 minutes

Source: cookingmatters.org



Small Changes, BIG Difference!

Fruits | Vegetables | Protein

Ingredients

- 2 large cucumbers
- 1 lemon
- 2 green onions
- 1 (6-ounce) can low-sodium tuna, packed in water
- 1 (15 ½-ounce) can white beans
- 1 Tablespoon canola oil
- 1 Tablespoon Dijon or country mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

Nutrition Information

Serving Size: 1/2 cucumber & 6 oz. of filling

Nutrients	Amount
Calories:	220
Total Fat:	4.5 g
Saturated Fat:	0 g
Cholesterol:	10 mg
Sodium:	500 mg
Total Carbohydrates:	26 g
Dietary Fiber:	6 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	22 g
Vitamin D	0 mcg
Calcium	86 mg
Iron	2 mg
Potassium	419 mg

Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Sharp Knife
- Small Bowl
- Vegetable Peeler
- Spoon
- Measuring Spoons
- Medium Bowl

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