# **Tuna Boats**

For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top.

Makes: 4 servings

**Prep Time: 15 minutes** 

Source: cookingmatters.org recipes - tuna

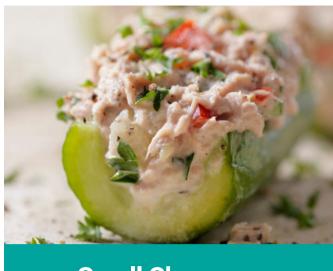
boats

## **Ingredients**

- · 2 large cucumbers
- 1 lemon
- · 2 green onions
- 1 (6-ounce) can low-sodium tuna, packed in water
- 1 (15 1/2-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.
- 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.
- Drain tuna. In a colander, drain and rinse beans.
- In a medium bowl, mash beans lightly with a fork.
- Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
- Fill each cucumber half with ¼ tuna mixture.Serve.



# Small Changes, BIG Difference!







#### **Nutrition Information**

Serving Size: 1/2 cucumber &

6 oz of filling

6 oz or filling	
Nutrients	Amount
Calories:	220
Total Fat:	4.5 g
Saturated Fat:	<u>0 g</u>
Cholesterol:	10 mg
Sodium:	
Total Carbohydrates:	26 g
Dietary Fiber:	<u>6 g</u>
Total Sugars:	<u>3 g</u>
Added Sugars:	<u>0 g</u>
Protein	22 g
Vitamin D	
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
- Measuring Bowl



## **SHOPPING LIST**

Average total cost without oil and seasonings: \$7.44

Average cost/serving: \$1.86

Makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

### **Ingredients**



Add 2 to Cart Fresh Cucumber



Add 1to Cart Canned Cannellini Beans 15.5 oz



Add 1 to Cart Dijon Mustard 12 oz



Add 1 to Cart
Canned Tuna Packed in Water
5 oz



Add 1 to Cart Fresh Green Onions



Add 1 to Cart Fresh Lemons 2 LB Bag

# **SAVE TIME, SAVE MONEY**

## **Leftover Tips**

- Looking for other recipes of how to use the green onions? Check out snapedny.org! They have great recipes such as:
  - Herb Potato Salad
  - Rice Bowl Southwestern Style.
- The extra lemons can be used to naturally flavor water or better yet, make a homemade lemonade found on snapedny.org

**My Cooking Notes** 

