

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 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.



Small Changes,
BIG Difference!



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
- 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 1 to 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

My Cooking Notes

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