



Tuna Boats

Servings 4 | Prep time 20 mins. | Total time 20 mins.

Equipment: Vegetable peeler, Box grater, Small bowl, Can opener, Cutting board, Colander, Medium bowl, Measuring spoons
Utensils: Knife, Spoon, Fork

Ingredients

2 cucumbers, large
1 lemon
2 green onions, diced
2 6 ounce cans low-sodium tuna packed in water
1 15 1/2 ounce can white beans
1 tablespoon oil, canola or vegetable
1 tablespoon Dijon OR country mustard
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Instructions

1. Before you begin wash your hands, surfaces, utensils and vegetables.
2. Cut cucumbers lengthwise and scoop out seeds with a small spoon.
3. Zest the entire lemon using the small holes of a box grater. Cut lemon in half. In a small bowl, squeeze juice. Discard seeds.
4. Drain tuna and set aside.
5. In a colander, drain and rinse beans.
6. In a medium bowl, mash beans lightly with a fork.
7. Add diced green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 tablespoons of the lemon juice to the beans. Mix with fork.
8. Use a spoon to fill each cucumber half with 1/4 of the tuna mixture.

Nutritional Information:

Calories 250
Total Fat 4.5g
Sodium 660mg
Total Carbs 28g
Protein 26g