



# 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