



# Tuna Boats

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

## Equipment:

Box grater  
Can opener  
Cutting board  
Small bowl

## Utensils:

Knife  
Spoon  
Fork  
Measuring spoons

## Ingredients

2 large cucumbers  
2 tablespoons lemon juice (about 1 lemon)  
2 green onions, diced  
2 5 ounce cans tuna in water, drained  
1 15.5 ounce can no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed  
1 tablespoon olive oil OR vegetable oil  
1 tablespoon Dijon  
1/2 teaspoon salt  
1/4 teaspoon black pepper

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Cut cucumbers lengthwise and scoop out seeds with a spoon.
3. Zest the entire lemon by scraping it across the small holes of a box grater and collecting the skin. Cut the lemon in half and squeeze the juice into a medium bowl.
4. Add the beans to the bowl and mash with a fork.
5. Add green onion, tuna, oil, mustard, salt, black pepper, and lemon zest to the beans. Mix to combine.
6. Evenly divide the tuna mixture between the 4 cucumber halves.

## Nutritional Information:

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