



Tuna Boats

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

Equipment: Box grater, Can opener, Cutting board, 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 no salt added white beans, drained and rinsed
1 tablespoon olive or vegetable oil
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, vegetables, and tops of cans.
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, pepper, and lemon zest to the beans and 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