

Tuna Boats

Total Time: 15 m



INGREDIENTS:

- 2 large cucumbers, halved lengthwise
- 1 lemon, zested and juiced
- 2 scallions/green onions, chopped
- 1 can (6 oz.) low-sodium tuna, packed in water
- 1 can (15½ oz.) white beans, drained and rinsed
- 1 Tablespoon canola oil
- 1 Tablespoon Dijon or country mustard
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

EQUIPMENT NEEDED:

- Grater/zester
- Can opener
- Colander
- Cutting board
- Vegetable peeler
- Medium bowl
- Small bowl
- Measuring spoons
- Fork
- Spoon
- Knife

DIRECTIONS:

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Rinse and dry all fruits/vegetables.
2. Peel skin of cucumber lengthwise, every 1/4 inch, all the way around. Cut in half lengthwise. Scoop out the seeds with a small spoon.
3. Zest the lemon. Cut in half and squeeze juice from both halves into a small bowl. Discard seeds.
4. Remove and discard any wilted part of the green tops and the root end of the scallion/green onions and then chop.
5. Open and drain tuna.
6. Drain and rinse white beans.
7. In a medium bowl, mash white beans lightly with a fork.
8. Add green onions, tuna, canola oil, mustard, salt, pepper, the lemon zest and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
9. Fill each cucumber half with 1/4 mixture.
10. Refrigerate leftovers within 2 hours.

NOTES:

- You will end up with extra lemon juice. This can be refrigerated for 2 to 3 days.



Serving size **325g**
Calories **230**

Amount per serving
Nutrition % Daily Value*

Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 710mg	31%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%

Protein 17g

Vitamin D 1mcg	6%
Calcium 122mg	10%
Iron 5mg	30%
Potassium 833mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



A Healthy Bite

Add chopped bell pepper or celery for extra nutrition and crunch.



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