



# Tuna Boats

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**SERVES: 4**

**PREP TIME: 5 min.**

**COOK TIME: 10 min.**

## Ingredients:

2 large cucumbers

1 lemon

2 green onions

1 16 ounce can low-sodium tuna, packed in water

1 15.5 ounce can white beans

1 Tablespoon canola oil

1 Tablespoon Dijon mustard

¼ teaspoon salt

¼ teaspoon ground black pepper

Source: [CookingMatters.org](http://CookingMatters.org)

## Directions:

1. Rinse cucumbers. Cut lengthwise. Scoop out seeds with a small spoon.
2. Rinse lemon. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, and 2 Tablespoons of lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

