

Suitland Dine & Learn
July 2018: Smart Foods & Safe Moves
Tuna Boats
Courtesy of Jessica Yamamoto, MS

Ingredients

2 large cucumbers	1 tablespoon of canola oil
1 lemon	1 tablespoon of Dijon or country mustard
2 green onions	½ teaspoon of salt
1 6-ounce can of low-sodium tuna packed in water	¼ teaspoon of ground black pepper
1 15.5-ounce can of white beans	

Cost per serving: \$1.18

Directions

1. After rinsing the cucumber, peel stripes into the cucumber skin by peeling the skin every ¼ inch all the way around. Cut in half lengthwise and scoop out spoons with a spoon.
2. Rinse the lemon. Finely grate the skin of the lemon using the small holes of a box grater. Cut the lemon in half and juice into a small bowl. Remove any seeds that may have fallen into the bowl
3. Rinse and chop green onions
4. Open and drain the can of tuna
5. Open, rinse and drain the beans in a colander
6. In a bowl, mash the beans lightly with a fork
7. Add green onions, tuna, oil, mustard, pepper, lemon zest and 2 Tablespoons of lemon juice to beans. Mix with a fork.
8. Fill each cucumber half with the mixture

Nutrition Information

Number of Servings: 4	<i>Amount Per Serving</i>	
Serving Size: ½ cucumber and 6 oz of filling	Total Fat: 4.5 g	Total Carbs: 28 g
	Cholesterol: 15 mg	Dietary Fiber: 7 g
	Sodium: 410 mg	Protein: 20 g
Calories: 230		

HEALTH TIPS



Explore deeper flavors and textures by adding chopped red pepper. Red bell peppers are also an excellent source of vitamins A, C, B6, and E as well as fiber and potassium.

You can also pick a different protein by substituting tuna for canned salmon. Protein helps your muscle rebuild bigger and stronger after a good workout.