

TUNA BOATS



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UNIVERSITY of FLORIDA

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by the USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

TUNA BOATS

PREP TIME: 15 minutes
COOK TIME: None
SERVING SIZE: 1/2 cucumber and
6 ounces filling
SERVES: 4

INGREDIENTS

- 2 large cucumbers
- 1 lemon
- 2 green onions
- 1 (6 ounce) can low-sodium tuna, packed in water
- 1 (15 1/2 ounce) can white beans
- 1 tablespoon canola oil
- 1 tablespoon Dijon or country mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

MATERIALS

- Box grater • Can opener • Fork • Spoon • Colander • Cutting board • Measuring spoons • Medium bowl • Sharp knife • Small bowl • Vegetable peeler

Nutrition Facts

Serving Size 1/2 cucumber and 6 ounces filling (316g)

Serves 4

Amount per serving

Calories 230 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 410mg 17%

Total Carbohydrate 28g 9%

Dietary Fiber 7g 28%

Sugars 3g

Protein 20g

Vitamin A 4% • Vitamin C 15%

Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

STEPS

1. Rinse cucumbers. Peel off strips of skin lengthwise every 1/4 inch, all the way around. Cut cucumbers in half lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Grate the peel using the small holes of a box grater. Cut lemon in half. In a small bowl, squeeze out juice. Throw away 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, grated lemon peel, and 2 tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with 1/4 tuna mixture. Serve.

IDEAS

- Have kids help by mashing the beans (Step 5) or mixing ingredients together (Step 6).
- Add chopped bell pepper or celery for extra crunch.
- Try canned salmon, packed in water, instead of tuna.

*Adapted from Share Our Strength's Cooking Matters.®