Tuna Boats

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

Directions:

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.

Source: CookingMatters.org