

Tuna or Chicken Boats



ADAPTED BY COOKING MATTERS

Ingredients

- 2 Large Cucumbers
- 1 Lemon
- 2 Green Onions
- 1 (6-ounce) can
Low-Sodium Chicken (packed
in water) Or Tuna
- 1 (15 1/2-ounce) can white
Beans
- 1 tablespoon Canola Oil
- 1 tablespoon (or dijon)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
(ground)

Directions

1. Fill each cucumber half with
1/4 tuna mixture. Serve.
 2. Fill each cucumber half with
1/4 tuna mixture. Serve
- Read full directions

Tuna Boats

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188 cals • 4 servs

Nutritional facts

Calories188% Daily Value

Total Fat4.2 g

5%

Saturated Fat0.4 g

2%

Carbohydrate31 g

11%

Fiber7 g

25%

Sugar3.4 g

7%

Sodium198 mg

9%

Protein9 g

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) THROUGH THE PA DEPARTMENT OF HUMAN SERVICES (DHS).