

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)
- 1/4 teaspoon salt
- 1/4 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

cookingmatters.org

188 cals • 4 servs

Nutritional facts

Calories	188	Daily Value
Total Fat	4.2 g	
	5%	
Saturated Fat	0.4 g	
	2%	
Carbohydrate	31 g	
	11%	
Fiber	7 g	
	25%	
Sugar	3.4 g	
	7%	
Sodium	198 mg	
	9%	
Protein	9 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).