

Tuna Boats

Serves 4, ½ cucumber and 6 ounces filling per serving
Prep time: 15 minutes • Cook time: None

Ingredients

1 large cucumbers
1 lemon
2 green onions
1 (6-ounce) can low-sodium tuna, packed in water
1 (15½-ounce) dried beans or canned beans
1 Tablespoon canola oil
1 Tablespoon Dijon or country mustard
¼ teaspoon salt
¼ teaspoon ground black pepper

Materials

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

Directions

✎ = Have kids help with the steps marked with the "little helping hand"!

- ✎ 1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
- ✎ 2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
- ✎ 3. Rinse and chop green onions.
- ✎ 4. Drain tuna. In a colander, drain and rinse beans.
- ✎ 5. If using dried beans, place dried beans in a large pot and boil it with fresh water for 10 minutes.
- ✎ 8. In a medium bowl, mash beans lightly with a fork.
- ✎ 9. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
- ✎ 10. Fill each cucumber half with ¼ tuna mixture. Serve.



Chef's Notes

- For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top.
- Add chopped bell pepper or celery for extra nutrition and crunch.
- Try canned salmon, packed in water, instead of tuna.

Dried Beans? vs. Canned Beans?

- Canned beans are beans that are already cooked with seasoning like salt which can be high in sodium, while dried beans are uncooked beans that you can season to your taste and control the firmness.
- Compared to canned beans, dried beans are more energy dense and contain more protein, fiber, vitamins, iron, potassium, and magnesium.
- Draining and rinsing beans from canned beans removes about 40% of the sodium.
- Soaking beans in the refrigerator overnight will reduce the time to cook.
- Soaking and cooking beans until very soft reduces the amount of gas that people produce after eating beans.

Nutrition Facts

Serving Size 1/2 cucumber and 6 ounces filling
Servings Per Recipe 4

Amount Per Serving

Calories 220 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 500mg	22%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Sugars 3g	
Protein 19g	

Vitamin A 4% • Vitamin C 20%
Calcium 8% • Iron 20%

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

Make Food Fun! – Tuna Boats

Easy and fast tips for making food fun for kids.



Cut the cucumber in different shapes.

Tips and Tricks:

Not a fan of tuna? Try other pantry staples like canned salmon or chicken, packed in water.

Tips and Tricks:

Allow kids to smash the beans in the recipe using a plastic bag. This lets them help with the recipe while playing with their food!

Allow kids to serve on crackers or bread.

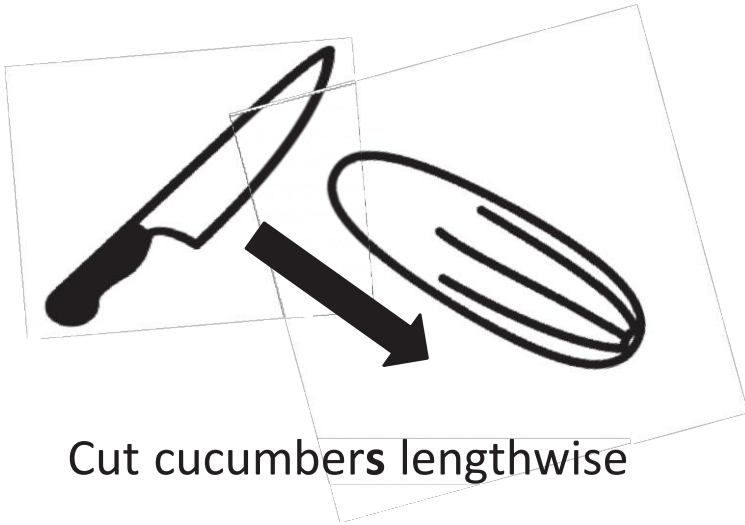


Use a different veggie for the "boat" - try mini peppers or sliced tomatoes.

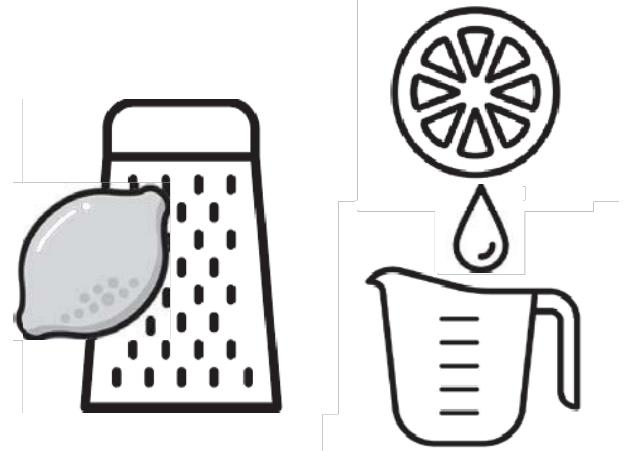
Tips and Tricks:

Add grated carrots for crunch and extra color. Add avocado for a creamy texture. Try mixing up the spices to find your favorites.

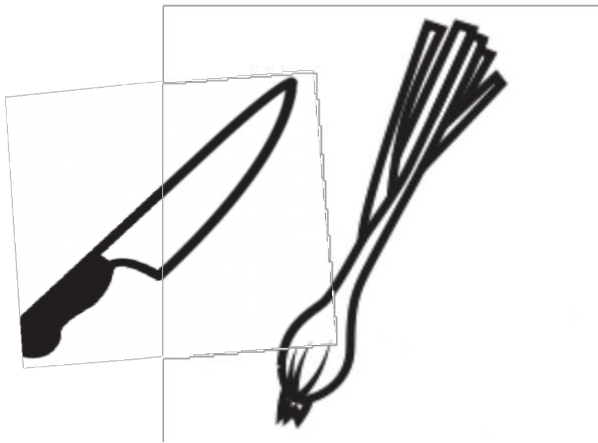
Follow-Along Recipe – Tuna Boats



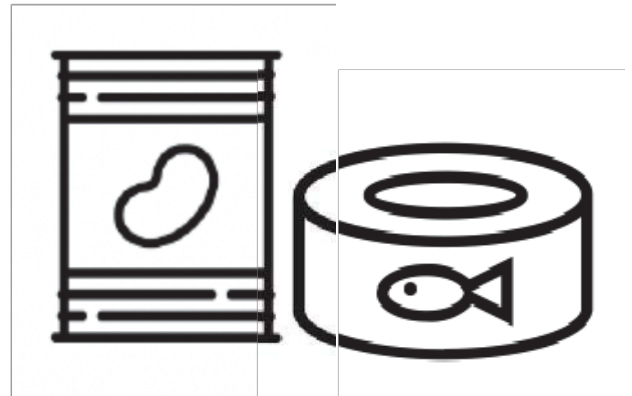
Cut cucumbers lengthwise



Zest and juice lemon



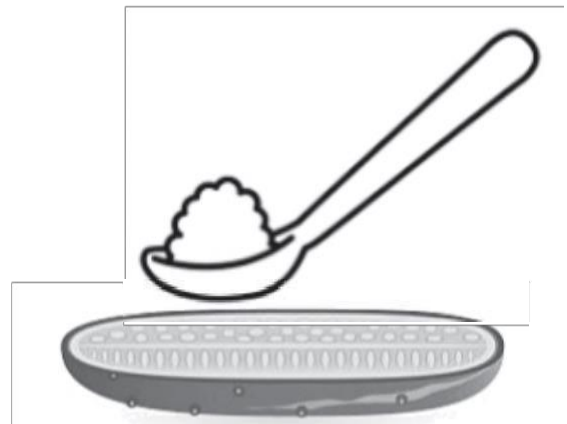
Chop green onions



Drain tuna and beans



In a bowl, mash beans, then mix in all ingredients but the cucumber



Fill each cucumber half with tuna mixture and enjoy