

TUNA SALAD CUCUMBER BOATS

Yield: 4 servings | Total Preparation Time: 25 minutes



Ingredients

- 4 medium cucumbers, washed and dried
- 4 5 ounce cans wild albacore tuna in water, drained
- 4 stalks celery, finely diced
- 1 cup plain Greek yogurt
- ½ cup white onion, finely diced
- 2 teaspoons prepared yellow mustard
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon fresh dill finely chopped, optional

Instructions

1. Slice the cucumbers down the middle lengthwise. Using a spoon, gently scoop out the insides. Discard (or compost) the scooped seeds and set the remaining cucumber halves aside.
2. In a medium-sized bowl, add the tuna. Using a fork, gently mash the tuna until it is flaked.
3. Add the celery, Greek yogurt, onion, mustard, salt, black pepper, and fresh dill, if using. Mix well.
4. Scoop the tuna salad into each cucumber half just before serving.

By omitting the bread and serving the tuna in a cucumber boat, we reduce the number of carbohydrates that a traditional tuna sandwich provides. Packed with nutrition, this tasty recipe will also serve you with a hearty dose of heart-healthy omega-3's and protein along with a wide variety of vitamins and minerals.

