



Quarantuna Salad Boats



1/2 of recipe (2 boats): 87 calories, 1.5g total fat (<0.5g sat. fat), 457mg sodium, 6g carbs, 1g fiber, 2.5g sugars, 13.5g protein

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Prep: 5 minutes



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Ingredients

One 5-oz. can (or about 2 pouches) albacore tuna packed in water, drained and flaked
1 1/2 tsp. yellow mustard
2 pickle spears, chopped
2 tbsp. chopped red onion
2 small cucumbers (about 5 oz. each)
Seasonings, to taste

Directions

In a medium bowl, mix tuna with mustard. Stir in pickles and onion. Season to taste.

Slice off and discard cucumber stem ends. Halve cucumbers lengthwise. Gently scoop out and discard the cucumber flesh, leaving about 1/4 inch inside each half. Thoroughly pat dry.

Evenly fill cucumber halves with tuna mixture.

MAKES 2 SERVINGS

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