



Tuna Cucumber Subs



1/4th of recipe (2 subs): 167 calories, 5g total fat (1g sat. fat), 460mg sodium, 14g carbs, 1.5g fiber, 6.5g sugars, 17.5g protein

Prep: 15 minutes



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Ingredients

3 tbsp. light mayonnaise
2 tbsp. sweet relish
1 tbsp. yellow mustard
1/2 tsp. dried dill
1/8 tsp. each salt and black pepper, or more to taste
12 oz. albacore tuna packed in water (1 large can or about 2 large pouches), drained and flaked
1/4 cup finely chopped red bell peppers
1/4 cup finely chopped red onion
8 small cucumbers (about 5 oz. each)

Directions

In a medium bowl, combine mayo, relish, mustard, dill, salt, and black pepper. Mix until uniform. Add tuna, bell pepper, and onion, and stir to coat.

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 top 8 cucumber halves with tuna mixture. Top with remaining 8 cucumber halves, and secure with toothpicks, if needed.

MAKES 4 SERVINGS

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