



Tuna Salad Cucumber Rolls



Entire recipe: 253 calories, 7g total fat (0.5g sat. fat), 529mg sodium, 17g carbs, 4g fiber, 11g sugars, 28g protein

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Prep: 10 minutes



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Ingredients

2 medium-large cucumbers (about 10 oz. each)
One 5-oz. can albacore tuna packed in water, drained and flaked
1 tbsp. light mayonnaise
1 1/2 tsp. sweet relish
1 tsp. honey mustard
2 tbsp. finely chopped carrot
2 tbsp. finely chopped onion
Optional topping: fresh or dried dill

Directions

Halve cucumbers widthwise. Gently scoop out and discard the cucumber flesh, leaving about a 1/4-inch border inside each half. Set cucumber halves cut side down on a layer of paper towels to let the excess water drain.

In a medium bowl, combine tuna, mayo, relish, and mustard. Mix until uniform. Stir in carrot and onion.

Gently pat cucumber dry. Spoon tuna mixture into cucumber halves, pressing the mixture down toward the stem ends with the back of a spoon.

Slice into sushi-size pieces, about 3/4-inch thick, discarding the end pieces.

MAKES 1 SERVING

HG Tip: We highly recommend snapping up one of [these corers on Amazon](#)! They make this recipe A BREEZE.

These are so quick and easy to make. [Click to watch!](#)

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