

LTLM Gardens - The Sears' Family
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Cucumber Tuna Boats

Prep Time: 25 min | Total Time: 25 min | Servings: 4

Packed with nutrition, this tasty lunch 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.

This recipe can easily supply a cup of vegetables while also providing vitamins, minerals, and dietary fiber in a crispy, crunchy bite.

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

Directions:

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.

In a medium-sized bowl, add the tuna. Using a fork, gently mash the tuna until it is flaked.

Add the celery, Greek yogurt, onion, mustard, salt, black pepper, and fresh dill, if using. Mix well. Scoop the tuna salad into each cucumber half just before serving.