



Spring  
RECIPE

2



Tuna Boats

**Ingredients:**

2 large cucumbers

1 lemon

2 green onions

1 can tuna (5 ounces)

1 can white beans (16 ounces)

1 tablespoon butter

1 tablespoon mustard flavor  
of your choice

½ teaspoon salt

¼ teaspoon black pepper

**Directions:**

Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon. Rinse and dry lemon, then zest it using a cheese grater. Cut lemon in half. In a small bowl, squeeze it for juice, then discard the seeds. Rinse and chop green onions. Drain tuna. Drain and rinse beans. In a medium bowl, mash beans lightly with a fork. Add green onions, tuna, butter, mustard, salt, pepper, lemon zest, and 2 tablespoons of the lemon juice to the beans, then mix with a fork. Fill each cucumber half with ¼ of the tuna mixture. Serve.

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