

Tuna Cucumber Boats



Ingredients:

- 3 cucumbers
- 1 (6 oz) can of tuna, drained
- 2 hard-boiled eggs
- 1/4 c feta cheese
- 1 celery stalk, diced
- 1/4 c low-fat plain yogurt
- 2 T sweet pickle relish (optional)
- 1 t lemon juice
- 2 T green onions, sliced (for garnish)

Directions:

1. Slice cucumbers in half lengthwise and scoop out seeds with a spoon and discard. Cut a thin slice off bottom of cucumber, if necessary, to allow it to sit flat.
2. Combine tuna, eggs, cheese, celery, yogurt, relish and lemon juice in a bowl.
3. Spoon tuna mixture into the hollowed out region of the cucumbers. Divide among all three cucumbers.
4. Garnish with green onions, if desired.
5. Serve chilled.

Makes 3 servings.



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