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Tuna Boats

Serves:4	Calories per serving:220
Prep time: 15 mins	Cook time:n/a
2 large cucumbers	Rinse cucumbers. Peel off skin every 1/4 inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
1 lemon	Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
2 green onions	Rinse and chop green onions.
1 (6-ounce) can low-sodium tuna, packed in water	Drain tuna. In a colander, drain and rinse beans.
1 (15 1/2-ounce) can white beans	In a medium bowl, mash beans lightly with a fork.
1 tablespoon canola oil	Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
1 tablespoon Dijon or country mustard	
1/4 teaspoon salt	
1/4 teaspoon ground black pepper	Fill each cucumber half with 1/4 tuna mixture. Serve.

Chef's Notes:

*For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top. Add chopped bell pepper or celery for extra nutrition and crunch.
 Try canned salmon, packed in water, instead of tuna.*