

Cucumber Tuna Boats

Makes 4 servings | A diabetic-friendly recipe

Ingredients:

- 2 cucumbers
- 1 (5-ounce) can tuna, drained
- 2 tablespoons plain yogurt
- 1 tablespoon mayonnaise
- 1 teaspoon lemon juice
- 1 tablespoon chopped celery
- 1 tablespoon chopped red pepper



Directions

1. Cut cucumbers in half lengthwise.
2. Scoop out centers.
3. Mix tuna, yogurt, mayo, lemon juice, celery, and pepper.
4. Fill cucumber halves.
5. Chill before serving.

Cooking Tidbit

Scoop out the seeds with a small spoon to create a “boat” and reduce extra moisture. Then pat cucumbers dry so the filling doesn’t slip out.