



August 5- Cucumber Canoes with Tuna

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=261232>

Recipe

Ingredients:

- 2 cucumbers
- 2 Tablespoons mayonnaise
- 1 cup peas
- 1 can tuna

Directions:

1. Cut peeled cucumbers in half from the long side and remove the seeds.
2. Mix the remaining ingredients in a bowl.
3. Distribute the mixture evenly among the canoe shaped cucumbers.

Yield 4 servings

Nutrition Facts

Serving Size 1 canoe (222.4g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 220mg **9%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 7g **14%**

Vitamin A 10% • Vitamin C 10%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.