



TUNA CUCUMBER BOATS

By Dr. Cindy Tanzar
(Standard Plan or Maintenance)

This recipe is a fun way to eat tuna salad, other than in a lettuce leaf. It's very simple, yet packs a lot of flavor and crunch.

This recipe makes 4 servings and covers your protein, fat and 1.5 cups of raw vegetables for one serving. Just add a 1/2 cup of another veggie to complete that serving.



INGREDIENTS

- 1 English cucumber (cut in half, then cut in half again)
- 3-5 oz. cans tuna, drained
- 1/4 cup + 1 healthy Tbsp Genesis mayo or Primal Kitchen mayo
- 2-3 Tbsp red onion (to taste), finely chopped
- 1/3 cup celery, diced
- 1/4 tsp. garlic powder
- Pink Himalayan salt and black pepper, to taste
- 2 tsp. fresh dill OR 1/2-3/4 tsp. dried dill (to taste), optional



2 tsp. apple cider vinegar, to taste (optional)

INSTRUCTIONS

Using a spoon, scoop out the seeds of the cucumber quarters.

Add the rest of the ingredients to a medium-sized bowl, mixing well. Taste to adjust any seasonings.

Scoop tuna salad into the cucumber boats and serve!