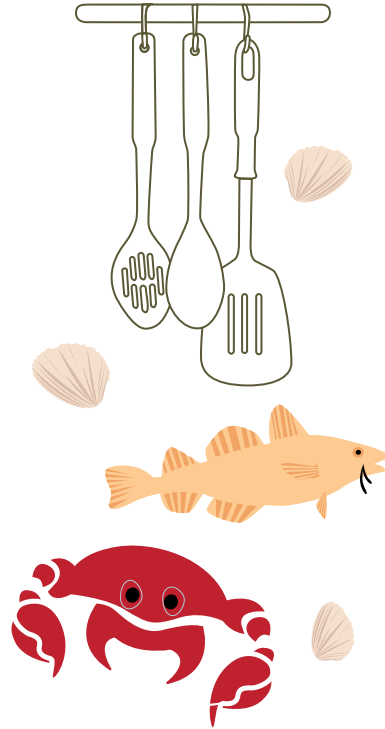


Tuna Salad and Cucumber Canoes

Makes 4 servings. Great for kids!

ingredients:

- 1 cucumber
- 1 red pepper
- 1 six ounce can American Tuna pole caught albacore, no salt added
- 2 hard-cooked eggs, diced
- 1/2 cup diced celery
- 1/2 cup seedless grapes, halved
- 1/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/2 cup goldfish crackers



directions:

1. Cut cucumber in half lengthwise and discard seeds. Then cut each cucumber piece crosswise to make four equal "canoes."
2. Cut red pepper into long, thin slices to make the canoe "paddles."
3. In a medium bowl, combine tuna, eggs, celery, seedless grapes, mayonnaise and salt.
4. Divide mixture into each of the cucumber "canoes" and decorate each "canoe" with at least two red pepper "paddles."
5. Add a handful of goldfish crackers to each place for garnish.

sponsored by:



For more family-friendly and ocean-friendly seafood ideas, visit us online at: http://www.sheddaquarium.org/right_bite.html

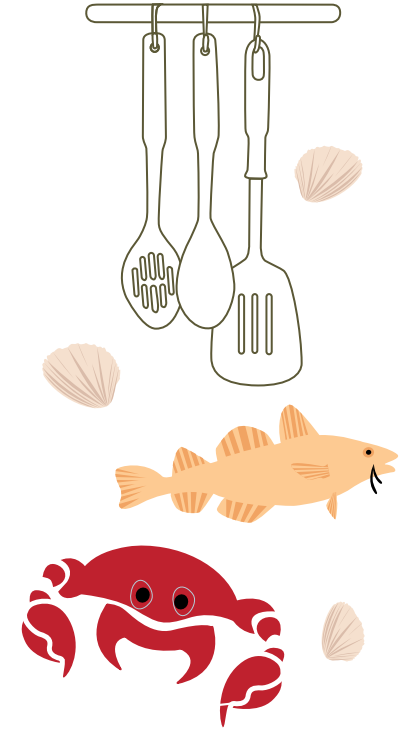


Tuna Salad and Cucumber Canoes

Makes 4 servings. Great for kids!

ingredients:

- 1 cucumber
- 1 red pepper
- 1 six ounce can American Tuna pole caught albacore, no salt added
- 2 hard-cooked eggs, diced
- 1/2 cup diced celery
- 1/2 cup seedless grapes, halved
- 1/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/2 cup goldfish crackers



directions:

1. Cut cucumber in half lengthwise and discard seeds. Then cut each cucumber piece crosswise to make four equal "canoes."
2. Cut red pepper into long, thin slices to make the canoe "paddles."
3. In a medium bowl, combine tuna, eggs, celery, seedless grapes, mayonnaise and salt.
4. Divide mixture into each of the cucumber "canoes" and decorate each "canoe" with at least two red pepper "paddles."
5. Add a handful of goldfish crackers to each place for garnish.

sponsored by:



For more family-friendly and ocean-friendly seafood ideas, visit us online at: http://www.sheddaquarium.org/right_bite.html

