

# Tuna Cucumber Cups

## Ingredients:

1 medium cucumber, peeled  
1 can (1.5 oz) water-packed tuna  
2 carrots, diced  
1 tbsp light mayonnaise

Serves: 6

## Nutrition Facts (per serving):

Calories: 21.9cal  
Carbohydrates: 2g  
Total Fat: .7g  
Protein: 2g  
Fiber: .5g;  
Cholesterol: 4 mg  
Sodium: 61.5mg

## Directions

1. To create the cups, slice cucumber crosswise into 1 to 2 inch thick rounds.
2. Scoop out inside with spoon and discard, or use to top filling.
3. Mix tuna, carrots and mayo and fill cucumber cups with this mixture.
4. Sprinkle thinly diced carrot over top or use insides of cucumber.
5. Chill before serving.
6. Refrigerate leftovers.



## Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
<b>Cucumber</b>	<b>\$0.75/each</b>	<b>\$0.75</b>
<b>Tuna</b>	<b>\$1.00/5 oz can</b>	<b>\$.30</b>
<b>Carrots</b>	<b>\$1.29/1 lb</b>	<b>\$0.43</b>
<b>Light Mayonnaise</b>	<b>\$4.46/16.5 oz bottle</b>	<b>\$0.14</b>
<b>TOTAL</b>	<b>\$7.50</b>	<b>Cost per Recipe: \$1.62</b>
		<b>Cost per Serving: \$0.27</b>

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