

# BEYOND HUNGER

## Smoked Tuna Spread Canapés

*Try this high-protein appetizer recipe for your next holiday party and wow your guests. With lower levels of sodium, saturated fat, and added sugars, you can enjoy the party guilt-free!*

**Yields:** 24 canapés

**Serving Size:** 4 canapés

### Ingredients:

- 3 ounces reduced-fat cream cheese, softened
- ¼ cup finely chopped red onion
- 2 Tbsp chopped fresh chives, divided
- 2 tsp olive oil
- 1 tsp reduced-sodium Old Bay seasoning
- ½ tsp Worcestershire sauce
- ½ tsp smoked paprika
- 1 (5 oz) can of white tuna packed in water, preferably low-sodium
- 2 Tbsp diced jarred or canned pimiento
- ½ of a 12-inch English cucumber, cut into 24 slices, each about ¼ inch thick

### Instructions:

1. Stir cream cheese, onion, 1 Tbsp chives, oil, Old Bay, Worcestershire sauce, and paprika in a medium bowl until creamy.
2. Flake tuna with a fork. Add the tuna and pimiento to the cream cheese mixture and stir until well-mixed. Make ahead: Cover and chill for at least 1 hour or up to 24 hours.
3. To assemble the canapés, spread 2 tsp of the tuna mixture on each cucumber slice. Sprinkle with remaining chives and serve.

**Per Serving:** Calories 82kcal, Carbohydrates 3.5g, Protein 7.1g, Saturated Fat 1.7g, Sodium 70mg, Fiber .4g, Sugars 2g  
Recipe adapted from Eating Well <https://www.eatingwell.com/recipe/270901/smoked-tuna-spread-canapes/?print>