



Fruit 'n Feta Tuna Salad in a Jar



Entire recipe: 253 calories, 11.5g total fat (2.5g sat fat), 779mg sodium, 20.5g carbs, 5.5g fiber, 10.5g sugars, 19.5g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Prep: 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

3/4 oz. (about 1 1/2 tbsp.) chopped avocado
1/2 tsp. lemon juice
1/2 cup sliced strawberries
1/2 cup chopped cucumber
2 tbsp. light raspberry vinaigrette dressing
2 tbsp. crumbled reduced-fat feta cheese
2 cups chopped romaine lettuce
One 2.6-oz. pouch [Starkist Ranch Tuna Creations](#)

Directions

In a small bowl, toss avocado with lemon juice.

In a 1-qt. wide-mouth mason jar, combine strawberries, cucumber, and dressing; stir to mix and coat. Top with feta cheese, avocado, and lettuce.

Cover and refrigerate. When you're ready to eat, give the jar a shake. Flip contents into a medium-large bowl; flake tuna, and add to the salad. (Or just add flaked tuna to the jar, and grab a fork!)

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.