



# 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

**Prep:** 10 minutes



More: [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

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