



## Mediterranean Tuna Snack



*This recipe is also featured in [the Spring 2021 issue of Hungry Girl magazine!](#)*

[Click to see how it's made !](#)

Entire recipe: 175 calories, 6.5g total fat (1.5g sat fat), 553mg sodium, 14g carbs, 0.5g fiber, 2g sugars, 14.5g protein

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Total:** 5 minutes

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## Ingredients

2 oz. albacore tuna packed in water, drained and flaked  
1 tbsp. crumbled feta cheese  
1 tbsp. light Italian dressing  
1 tbsp. finely chopped red onion  
Dash dried oregano  
1 rice cake (any savory flavor)  
1 cherry tomato, sliced  
1 tbsp. sliced black or Kalamata olives

## Directions

In a medium bowl, combine tuna, feta, dressing, onion, and oregano. Mix thoroughly. Spoon over the rice cake, and top with tomato and olives.

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.