



Quarantuna Salad Boats



1/2 of recipe (2 boats): 87 calories, 1.5g total fat (<0.5g sat fat), 457mg sodium, 6g carbs, 1g fiber, 2.5g sugars, 13.5g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 5 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#)

Ingredients

One 5-oz. can (or about 2 pouches) albacore tuna packed in water, drained and flaked

1 1/2 tsp. yellow mustard

2 pickle spears, chopped

2 tbsp. chopped red onion

2 small cucumbers (about 5 oz. each)

Seasonings, to taste

Directions

In a medium bowl, mix tuna with mustard. Stir in pickles and onion. Season to taste.

Slice off and discard cucumber stem ends. Halve cucumbers lengthwise. Gently scoop out and discard the cucumber flesh, leaving about 1/4 inch inside each half. Thoroughly pat dry.

Evenly fill cucumber halves with tuna mixture.

MAKES 2 SERVINGS

[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.