



Tuna Cucumber Subs



1/4th of recipe (2 subs): 167 calories, 5g total fat (1g sat fat), 460mg sodium, 14g carbs, 1.5g fiber, 6.5g sugars, 17.5g protein

Blue Plan (Freestyle™) SmartPoints® value 2*

Prep: 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 3 tbsp. light mayonnaise
- 2 tbsp. sweet relish
- 1 tbsp. yellow mustard
- 1/2 tsp. dried dill
- 1/8 tsp. each salt and black pepper, or more to taste
- 12 oz. albacore tuna packed in water (1 large can or about 2 large pouches), drained and flaked
- 1/4 cup finely chopped red bell peppers
- 1/4 cup finely chopped red onion
- 8 small cucumbers (about 5 oz. each)

Directions

In a medium bowl, combine mayo, relish, mustard, dill, salt, and black pepper. Mix until uniform. Add tuna, bell pepper, and onion, and stir to coat.

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 top 8 cucumber halves with tuna mixture. Top with remaining 8 cucumber halves, and secure with toothpicks, if needed.

MAKES 4 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.