



Veggie-Loaded Tangy Tuna Salad



1/4th of recipe (about 3/4 cup): 150 calories, 2.5g total fat (<0.5g sat fat), 676mg sodium, 13g carbs, 2g fiber, 7g sugars, 18g protein

Blue Plan (Freestyle™) SmartPoints® value 3*

Prep: 10 minutes



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

Ingredients

One 12-oz. can or pouch albacore tuna packed in water, drained and flaked
1 cup finely chopped red and yellow bell peppers
1/2 cup finely chopped carrots
1/2 cup finely chopped celery
2/3 cup fat-free mayonnaise
1 tbsp. plus 1 tsp. honey mustard
2 tsp. sweet relish
1/8 tsp. each salt and black pepper, or more to taste

Directions

In a medium bowl, mix tuna with veggies. Add remaining ingredients, and mix until uniform.

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.