



## 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

[Click for WW Points® value\\*](#)  
WW Points® value 4\*



**Total:** 5 minutes

More: [Recipes for Sides, Starters & Snacks, 30 Minutes or Less, Single Serving](#)

### 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**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.  
\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.