



## Mediterranean Tuna Snack



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

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

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**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**

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Author: Hungry Girl

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