



Tuna Melt



1-800-WIC-1007

Ingredients

- 2 (5-6-oz.) cans light tuna, packed in water, drained and rinsed
- 1 large or 2 small stalks of celery, diced
- ½ medium lemon, juiced
- ¼ cup low-fat mayonnaise

- ¼ teaspoon ground black pepper
- 4 slices whole wheat sandwich bread
- 1 large tomato, sliced
- ¼ cup shredded cheddar cheese

Directions

1. Turn the oven-broiler on high.
2. In a medium bowl, add the tuna and flake apart using a fork.
3. Add the celery, lemon juice, mayonnaise, and black pepper. Mix well using a fork and place to the side.
4. Lay slices of bread flat on the baking sheet. Place under the broiler for 2-3 minutes until lightly toasted.
5. Flip the slices of bread over and add ½ cup tuna salad to each slice. Top with a tomato slice followed by the cheese.
6. Place the open-faced sandwiches back into the oven and on the bottom rack for 5-10 minutes until cheese is melted.
7. Allow to cool slightly before serving.

Serves: 4 • Serving Size: 1 open-faced sandwich • Prep Time: 35 minutes • Cook Time: 5 minutes

Chef Tips

1. Tuna salad may be served cold – try it on a sandwich or over lettuce
2. Add 2 tablespoons diced red or green onion
3. Add 2 tablespoons dried cranberries
4. Add one small apple (diced) or ½ cup sliced grapes
5. Try using diced radishes in place of celery

Supplies

- Can opener
- Knife/cutting board
- Measuring cups
- Measuring spoons
- Baking sheet
- Medium bowl
- Fork for mixing



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Nutrition Facts Per Serving: 255 Calories, 11 g Fat, 15 g Carbohydrate, 24 g Protein, 528 mg Sodium