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

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

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