**Tuna Melt**

**Adapted from Cooking Matters**

**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 the fork.
4. Lay slices of bread flat on a 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

**Supplies**

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

**Chef Tips**

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

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