



Tuna Melt

Makes 4 Sandwiches

4 slices Whole wheat bread, toasted
2 6 oz cans Light tuna, drained
2 Tbls. Onion, chopped (or shallot)
1 Tbls. Low fat mayonnaise
1 Tbls. Lemon juice
2 Tbls. Parsley (1 tsp. dried)
Dash Hot sauce (optional)
Ground pepper
2 Tomatoes, sliced
½ cup Reduced fat cheddar cheese

Preheat broiler

- Combine tuna, onion, mayonnaise, lemon juice, parsley, hot sauce and pepper in a medium bowl.
- Spread ¼ cup tuna mixture on each slice of toast; top with tomato slices and 2 Tablespoons cheese.
- Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3-5 minutes.

Serve immediately.

Recipe adapted from Eating Well Magazine

NUTRITIONAL INFORMATION:

Calories: 231	Total Fat: 5.5g
Saturated fat: 1.5g	Cholesterol: 31 mg
Carbohydrate: 28g	Fiber: 3g
Protein: 28g	