

Tuna Melt

Delicious and easy, this tuna melt makes a yummy lunch or dinner.

Makes: 2 sandwiches

Ingredients

- 1 can tuna, water packed (5 ounces)
- 1 medium celery stalks, chopped
- 2 slices cheese of your choice
- 2 tablespoons mayonnaise
- ½ tablespoon dried minced onion
- salt and pepper to taste
- 4 slices whole wheat bread, toasted, or 2 slices for open faced sandwich



Directions

1. Preheat oven broiler.
2. Drain tuna and break the meat apart with a fork.
3. Mix tuna, celery, mayonnaise, dried onion, salt, and pepper in a medium mixing bowl.
4. Divide tuna mixture into two portions, place one portion on a slice of whole wheat toasted bread and top with cheese.
5. Broil until cheese is melted. Watch closely.
6. Top with second slice of toasted bread or serve open faced. Cool slightly before serving.

Recipe from: Texas Cooperative Extension?Expanded Nutrition Program, The Texas A&M University System, adapted by the USDA Food and Nutrition Administration.

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