



Tuna Melt

Instructions:

Blend the tuna very well by hand.

Add the mayonnaise and mix well.

Place 1/2 of the tuna mixture on each slice of bread.

Place 1/2 of the onion and tomato on top of the tuna.

Place 1 slice of cheese on top of the vegetables.

Sprinkle with pepper to taste.

Toast on 350 for 10 minutes.

Optional: Rub garlic underneath each of the 2 tuna melts.

Prep Time:

5 minutes

Cook Time:

10 minutes

Ingredients:

1/2 can tuna (in water) -
drained

1 TBSP. lite mayonnaise

1/4 small red onion - sliced

1/2 plum tomato - sliced

2 slices light
mozzarella cheese

2 slices whole wheat bread

1 clove garlic - optional

2 tuna melts count as 1 lunch