



Veggie and Tuna Melt

Servings 6 | Prep time 15 mins. | Total time 20 mins.

Equipment: Small Bowl, Baking Sheet, Measuring Cups and Spoons

Utensils: Mixing Spoon

Ingredients

1 5 ounce can tuna in water, drained
¼ cup (about 1 stalk) celery, chopped
1 green onion, sliced
½ carrot, grated
1 tablespoon light mayonnaise
¼ teaspoon black pepper
3 whole wheat English muffins
½ cup grated reduced fat cheddar cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. In a small bowl, mix tuna, celery, green onion, carrot, mayonnaise, and pepper.
3. Top each muffin half with tuna mixture and grated cheese. Place on sheet tray.
4. Set oven to broil, and place sheet tray with English muffins under broiler for about 3 minutes or until cheese melts.

Nutritional Information:

Calories 130
Total Fat 3g
Sodium 220mg
Total Carbs 15g
Protein 12g