



# Veggie and Tuna Melt

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

## Equipment:

Small bowl  
Baking sheet

## Utensils:

Mixing spoon  
Measuring cups and spoons

## Ingredients

1 5 ounce can tuna in water, drained  
1/4 cup celery (about 1 stalk), chopped  
1 green onion, sliced  
1/2 carrot, grated  
1 tablespoon light mayonnaise  
1/4 teaspoon black pepper  
3 whole wheat English muffins  
1/2 cup cheddar cheese, shredded

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. In a small bowl, mix tuna, celery, green onion, carrot, mayonnaise, and black pepper.
3. Top each muffin half with tuna mixture and grated cheese. Place on baking sheet.
4. Set oven to broil. Place baking sheet 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