

Tuna Melt

4 servings

Planning meals save you money and time. Remember to include healthy snacks in your meal plan and include them on your grocery list. Be flexible.

- 2 (5 ounce) cans tuna in water, drained
- ¼ cup light mayonnaise
- 1 stalk celery, scrub with clean vegetable brush under running water, thinly sliced
- 2 Tablespoons onion, scrub with clean vegetable brush under running water, chopped
- 2 Tablespoons dill pickle relish
- 1 Tablespoon fresh parsley, gently rub under cold running water or 1 teaspoon dried parsley (optional)
- ½ teaspoon red pepper flakes (optional)
- Black pepper and salt, to taste
- 2 Tablespoons margarine
- 8 slices whole wheat bread
- 4 slices tomato (optional)
- 4 slices low-fat Cheddar cheese



1. Wash hands with soap and water.
2. In a medium bowl, combine drained tuna, mayonnaise, celery, onion, and relish. Add parsley, red pepper flakes, if desired, black pepper and salt. Mix with a fork.
3. Spread margarine on one side of each bread slice.
4. Place margarine side of bread on the skillet.
5. Top plain side of bread with ½ cup of tuna salad. Top tuna salad with one slice of tomato, if desired and one slice of cheese. Top with a second slice of bread, margarine side facing up. Repeat with remaining sandwiches.
6. Heat skillet over medium heat*. Cook sandwiches until brown. Flip and repeat on the other side.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

*If your skillet is too hot, the bread will burn before the sandwich is heated through and the cheese is melted. Lower the temperature if needed. Source: Nebraska Extension

Nutrition Information per Serving (1/4 of recipe): Calories 330, Total Fat 14g, Saturated Fat 3g, Protein 20g, Total Carbohydrate 28g, Dietary Fiber 5g, Total Sugars 4g, Added Sugars 2g, Sodium 900mg.