

tuna melt with vegetables

Serves: 6

Prep and Cook time: 15 min

Per serving: 314 calories, 4.1 g fat, 282 mg sodium

1 stalk celery, raw

1/4 cup mayonnaise

6 slices of bread

2 TBS onion, raw,
chopped

1 can tuna

3 slices sharp
cheddar cheese

2 TBS pickle relish, sweet

1. Preheat oven to 350° F. Chop the onion and celery into small slivers.

In a large bowl, combine tuna, celery, relish, mayonnaise, and onion. Spread tuna mixture on half the bread slices. Cover each piece with a slice of Cheddar.

2. Place sandwiches on a baking sheet and warm in oven 10 minutes until cheese is bubbly. Cut each slice in half. Serve.

Vary It! You can use leftovers of this as a normal tuna salad sandwich! Simply put the tuna mixture on a piece of bread, a wrap, or even an English muffin and take it to go; no oven needed!

