

Heartfelt Tuna Melt

Servings: 4

Prep Time: 5 minutes

Cook time: 5 minutes

Ingredients:

6 ounces solid white tuna packed in water, drained

1/3 cup chopped celery

1/4 cup chopped onion

1/4 cup low-fat Russian or Thousand Island dressing

2 whole-wheat English muffins, split

3 ounces reduced-fat Cheddar cheese, grated

Salt and black pepper to taste

Preparation:

Preheat broiler. Combine tuna, celery, onion and salad dressing. Season with salt and pepper. Toast the English muffin halves. Place split-side-up on baking sheet and top each with 1/4 of tuna mixture. Broil 2-3 minutes or until heated through. Top with cheese and return to broiler until cheese is melted, about 1 minute longer.



Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	210
Total Fat:	6g
Saturated Fat:	3g
Cholesterol:	30mg
Sodium:	417mg
Carbohydrates:	20g
Dietary Fiber:	3g
Protein:	19g
Calcium	20% Daily Value

Cost/recipe:

\$2.70

Cost/serving:

\$.67

**BANK
ON THE
BASICS**

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