



Tomato Tuna Melt

A soft tuna salad with extra protein from hard boiled egg served on a slice of tomato and topped with melty cheddar cheese. This can also be served on a whole wheat English muffin or over salad greens.

<u>U.S.</u>		<u>Metric</u>
1 can (4oz)	Light Tuna, packed in water, no salt added, drained	112 g
1 each	Egg, hard boiled, chopped	1 each
1 Tbsp	Mayonnaise, light	13.8 g
1/2 tsp	Dijon mustard	2.6 g
2 tsp	Sweet relish	10 g
1/4 tsp	Apple cider vinegar or lemon juice	1.25 mL
1/8 tsp	Kosher salt	0.75 g
To taste	Black pepper, ground	To taste
1 each	Tomato, sliced into 4 slices, 1/2" thick	1 each
2 Tbsp	Cheddar Cheese, shredded	14 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat broiler and line a small sheet pan with foil.
3. Combine drained tuna and chopped hard boiled egg in medium mixing bowl.
4. Add the mayonnaise, mustard, relish, vinegar or lemon juice, salt and pepper. Combine.
5. Lay the tomato slices on the sheet pan and top each with 1/4 of the tuna salad mixture.
6. Sprinkle each tomato stack with 1/4 of the shredded cheddar cheese.
7. Transfer to the broiler and cook just until the cheese is melted and bubbly, about 2-3 minutes.
8. Serve immediately.

Variation: The tomato stacks may also be served on toasted whole wheat English muffins, for an open face sandwich, or over mixed greens lightly dressed with olive oil and lemon.

Nutrition Facts

2 Servings

Serving size **2 tomato melts**

Amount per serving

Calories **170**

Calories from Fat 70

Total Fat 8 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 3 g

Cholesterol 120 mg

Sodium 350 mg

Total Carbohydrate 5 g

 Dietary Fiber 1 g

 Total Sugars 4 g

 Includes 2 g Added Sugars

Protein 20 g

Vitamin D 0 %

Calcium 8 %

Iron 8 %

Potassium 214 mg

Phosphorus 184 mg
