

BRAIN HEALTHY COOKING FOR ONE

the ultimate

TUNA MELT

1 (5-ounce) can Chunk Light
or Albacore White Tuna
in water, drained
1 TBSP Light Mayonnaise
3/4 TBSP chopped Red Onion
or Scallions
1/4 TSP dried Dill
1/2 TSP Lemon Juice
2 slices Whole-Wheat Bread
or Whole-Wheat English
Muffin
1 medium Tomato, sliced
1/4 CUP shredded, reduced-
fat Cheddar Cheese
1/2 TSP Spice of Life

1. Preheat the oven or broiler.
2. In a small bowl, add drained tuna, mayonnaise, red onion/ scallions, dill, lemon juice and Spice of Life. Using a fork, mix to combine.
3. Place each bread slice onto a foil-lined baking sheet. Divide tuna, layering on top of each slice.
4. Top tuna with tomato slices. Place baking sheet under the broiler for 1 to 2 minutes until tuna is warm.
5. Divide cheese between each open-face sandwich; place under the broiler until cheese melts, about 1 minute.

