



Tuna Veggie Melt

Prep time: 10 minutes | Cook time: 5 minutes | Number of servings: 6

- 1 (6-ounce) can tuna fish, packed in water
- 1 stalk celery, chopped
- 1 green onion, chopped
- ¼ cup grated carrots
- 2 tablespoons low-fat mayonnaise
- ¼ teaspoon black pepper
- 3 whole wheat English muffins
- Vegetable oil cooking spray
- ¼ cup shredded cheddar cheese

Directions

1. Preheat oven on broil.
2. Open can of tuna fish and drain; put tuna in a small bowl.
3. Add celery, carrot, onion, mayonnaise, and black pepper to the bowl; mix well.
4. Slice English muffins in half. Put English muffins on cookie sheet coated with cooking spray. Top each muffin with tuna veggie mixture and some shredded cheese.
5. Place the cookie sheet under the broiler until cheese is melted and begins to bubble—about 3 minutes. Let muffins cool 2 to 3 minutes before serving. Enjoy.



Nutrition Facts (Serving size ½ muffin): Calories-130; Protein-11g; Carbohydrate-16g; Total Fat-3.5g; Saturated Fat-1g; Fiber-3g; Sodium-330mg; Vitamin C-4%; Vitamin A-20%; Iron-6%; Calcium-15%

Adapted by Washington State University Extension Food Sense

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Try Adding Seafood To...

- Casseroles
- Sandwiches or wraps
- Salads
- Pasta dishes

Food \$ense Tip

- Eat seafood twice a week. Tuna is low in fat and easy to use. Watch your grocery store ads for sales and stock up.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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