

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%

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.



- 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

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

Tuna Veggie Melt

Directions



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Adapted by Washington State University Extension Food Sense



- Casseroles
- Sandwiches or wraps
- Salads
- Pasta dishes

Try Adding Seafood To...

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.



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