

# Tuna Melt

- 2** 6-ounce cans tuna packed in water, drained
- ¼** cup light mayonnaise
- ¼** teaspoon ground black pepper
- ¼** teaspoon onion salt
- 2** teaspoons Dijon mustard
- 5** English muffin halves
- ⅔** cup shredded, reduced-fat cheddar cheese

**1** Preheat oven to 400°. In a medium mixing bowl, combine tuna, mayonnaise, pepper, onion salt, and Dijon mustard.

**2** Spread **¼** cup tuna mixture on top of each muffin half and top with about 2 tablespoons cheese.

**3** Place muffins on baking sheets and bake 10 minutes.

## Exchanges

- 1 Starch                      ½ Fat
- 2 Lean Meat

<b>Calories</b>	223	<b>Total Carbohydrate</b>	14 g
Calories from Fat	74	Dietary Fiber	1g
<b>Total Fat</b>	8g	Sugars	1g
Saturated Fat	3g	<b>Protein</b>	22g
<b>Cholesterol</b>	32mg		
<b>Sodium</b>	675mg		

*Providing guidance and support to make the "healthy choice the easy choice!"*



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