

Tuna Salad Melt

From Great Food Fast, Dietitian of Canada, 2000

Preheat the broiler for this easy lunch time recipe! Use the tuna mixture for wraps, sandwiches or salads.

2 cans (170 g) water packed tuna, drained

¼ cup finely chopped celery

¼ cup finely chopped sweet pickle or sweet relish

¼ cup finely chopped red or green bell pepper

¼ cup light mayonnaise

2 tbsp low-fat plain yogurt

1 tbsp lemon juice or pickle juice

1 French stick or baguette

½ cup grated Cheddar cheese

1. In a bowl, stir together tuna, celery, pickle, bell pepper, mayonnaise, yogurt, and lemon juice. Blend well.
2. Slice French stick in half lengthwise. Cut each half into 4 equal portions, making 8 pieces; place on baking sheet. Toast under broiler for 1-2 minutes or until golden brown. Remove from broiler; spread tuna mixture evenly over each piece. Sprinkle with cheese. Broil for 2-3 minutes or until cheese is melted and golden.

Serves 8

Per Serving.

Calories 208, Carbohydrates 24 g, Protein 14 g, Fat 6 g.



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