

Recipe of the Month – March 2023

Tuna Melt Sandwich

Serves: 4

Serving Size: 1 Sandwich

Cost per Serving: \$1.59

Ingredients:

2 cans (5 ounces each) chunk light tuna canned in water, drained

1/3 cup onion, diced

3 tablespoons light mayonnaise

1/8 teaspoon ground black pepper

1/8 teaspoon garlic powder

4 slices whole wheat bread

4 tomato slices (1 medium tomato)

1/2 cup shredded cheddar cheese



Directions:

1. Preheat oven to 400F
2. Combine tuna, onion, mayonnaise, ground black pepper, and garlic powder in a medium bowl. Mix well.
3. Place bread on baking sheet.
4. Spoon about 1/4 of the tuna mixture on each piece of bread. Spread mixture evenly to the edges. Top with a tomato slice.
5. Bake 5 minutes. Remove from oven.
6. Sprinkle 2 tablespoons shredded cheese on top of each sandwich. Return to oven. Bake an additional 5 minutes, or until cheese is melted and bread is toasted.

Tips:

- Use four pouches (2.6 ounces each) chunk light tuna in water instead of canned tuna.
- Substitute other types of shredded or sliced cheese for the shredded cheddar cheese.

Nutrition Facts per Serving: 240 calories, 3g total Fat (0g sat. fat),
35mg.Cholesterol, 340mg Sodium, 17g Carbohydrates, 3g Fiber, 3g Sugar, 25g Protein

*Recipe compliments of Iowa State University Extension and
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THE OHIO STATE UNIVERSITY

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