



## Skillet Tuna Melt

4 servings

To save money, try to shop no more than once a week and shop alone when possible.

- 1 Tablespoon vegtable oil
- 2 stalks celery, scrubbed with clean vegetable brush under running water, finely chopped
- 2 Tablespoons onion, scrubbed with clean vegetable brush under running water, finely chopped
- 1 clove garlic, minced **OR** ½ teaspoon garlic powder
- 2 (5 ounce) cans tuna in water, drained
- ⅓ cup light mayonnaise
- 1 Tablespoon yellow mustard (optional)
- 1 teaspoon lemon juice (optional)
- 2 Tablespoons chopped fresh parsley, gently rubbed under cold running water
- Salt, to taste
- Pepper, to taste
- ⅓ cup shredded Cheddar cheese
- 4 slices whole grain bread, toasted
  - 1. Wash hands with soap and water.
  - 2. Heat oil in a medium sized skillet over medium heat. Add celery, onion, and garlic. Sauté for 2 minutes.
  - 3. Add tuna, mayonnaise, mustard, lemon juice and parsley. Season with salt and pepper. Stir and heat through, stirring occasionally.
  - 4. Top with shredded cheese. Continue heating until the cheese is melted.
  - 5. Serve on toasted whole grain bread.
  - 6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/4 of recipe): 270 Calories, Total Fat 15g, Saturated Fat 3.5g, Protein 18g, Total Carbohydrate 16g, Dietary Fiber 2g, Total Sugars 2g, Includes 1g Added Sugars, Sodium 530mg, Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 6%.



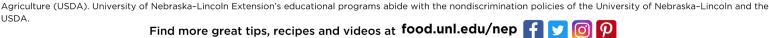
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