



Weekly Recipe Challenge



Tuna Melt *(courtesy of EatingWell)*

In this updated tuna melt recipe, we go light on the mayo and top it with fresh tomato slices and shredded sharp Cheddar. This allows us to use considerably less cheese while ensuring that there's great cheese flavor in each gooey bite of this healthy tuna melt recipe.

4 servings (1 Carbohydrate Serving) | **Active Time:** 10 minutes | **Total Time:** 15 minutes



Ingredients

- 2 5-ounce cans chunk light tuna, drained
- 1 medium shallot, minced (2 tablespoons)
- 2 tablespoons low-fat mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon minced flat-leaf parsley
- 1/8 teaspoon salt
- Dash of hot sauce
- Freshly ground pepper, to taste
- 4 slices whole-wheat bread, toasted
- 2 tomatoes, sliced
- 1/2 cup shredded sharp Cheddar cheese



Instructions

1. Preheat broiler.
2. Combine tuna, shallot, mayonnaise, lemon juice, parsley, salt, hot sauce and pepper in a medium bowl.
3. Spread 1/4 cup of the tuna mixture on each slice of toast; top with tomato slices and 2 tablespoons cheese.
4. Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.



Nutritional Information (per serving) **Exchanges:** 1 starch, 1/2 vegetable, 3 lean meat, 1/2 high-fat meat

- **Calories** 209
- **Carbohydrates** 17g (Fiber 3g)
- **Cholesterol** 29mg
- **Fat** 7g (4g Saturated Fat; 2g Monounsaturated)
- **Sodium** 497mg
- **Potassium** 355mg
- **Protein** 18g