



# Tuna Melt

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**SERVES: 4    PREP TIME: 5 min.    COOK TIME: 10 min.**

## Ingredients:

1 large or 2 small stalks celery  
1 large tomato  
½ medium lemon  
2 (5- or 6-ounce) cans light tuna,  
packed in water, no salt added  
2 ounces low-fat cheddar cheese  
¼ cup low-fat mayonnaise  
¼ teaspoon ground black pepper  
4 slices whole wheat sandwich bread

## Directions:

1. Rinse and dice celery. Rinse, core, and cut tomato into 4 thick slices.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain tuna.
4. Grate cheese.
5. In a medium bowl, add tuna. Flake apart with a fork. Add celery, lemon juice, mayonnaise, and black pepper. Mix with fork.
6. In a large skillet over medium heat, add 2 slices bread. Cook until toasted on bottom, about 5 minutes. Remove from pan. Repeat with other 2 slices. Remove pan from heat.
7. On the toasted side of each bread slice, add ½ cup tuna salad. Top with tomato slice and sprinkle with cheese.
8. Return skillet to medium heat. Place 2 sandwiches in skillet. Cover and cook until cheese is melted and underside is browned, about 3–5 minutes. Remove from pan. Repeat with other 2