

# Tuna Melt Burger

Makes 6 Servings

## Ingredients:

- One 6-ounce can light tuna, packed in water, drained
- 1/2 cup reduced fat cheddar cheese, shredded or diced
- 2 stalks celery, chopped
- 1 Tablespoon dried minced onion
- 1/4 teaspoon pepper
- 1/4 cup light mayonnaise
- 12 slices 100% whole wheat bread

## Directions:

1. Preheat oven to 350° F. Drain tuna and break the meat apart with a fork.
2. Mix tuna, cheese, celery, light mayonnaise, dried onion, salt and pepper into a medium mixing bowl with a wooden spoon.
3. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each.
4. Put each sandwich either on a cookie sheet or on a square of aluminum foil, wrapping the foil around the sandwiches and folding edges securely.
5. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.



Calories 240, Calories from Fat 45, Total Fat 5g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 20mg, Sodium 560mg, Total Carbohydrate 31g, Dietary Fiber 8g, Sugars 7g, Protein 17g

## Family Conversation Starter:

What is one thing you can do for yourself in the next week that would help you take care of yourself?

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