

Open-Face Apple Tuna Melt

Served on a whole wheat English muffin, this sandwich filling combines all of the four food groups. This simple and delicious apple tuna melt makes a great lunch a few hours prior to a hard afternoon workout, or a quick and easy dinner once you get in the door and are ready for something to eat. Keep leftover tuna filling mix for a grab-and-go lunch the next day.

Prep: 15 minutes • Total: 20 minutes

Ingredients:		
Canned tuna, water-packed	1 can	170g
Apple, finely diced (peel on)	1 apple	1 apple
Celery, diced	1 stalk	1 stalk
Light cheddar cheese,	½ cup	125 mL
shredded		
Light mayonnaise	¼ cup	50 mL
Walnuts, chopped	2 Tbsp	25 mL
Fresh lemon juice	2 tsp	10 mL
Freshly ground pepper	Pinch	pinch
Whole wheat English muffins	4 each	4 each

Directions:

- 1. In a bowl, flake tuna.
- 2. Add apple, celery, cheese, mayonnaise, walnuts, and lemon juice. Season lightly with pepper to taste.
- 3. Place English muffin halves on a baking sheet, cut side up. Toast under broiler.
- 4. Remove pan from oven. Spread ¼ cup (50 mL) of the tuna mixture over each English muffin half, covering entire surface. Return to oven and broil until cheese bubbles and filling is warm.

Nutrit	ior	ı Fa	cts
Serving Size Servings Per	(154g)		
Amount Per Serv	ing		
Calories 200	Calo	ries from	Fat 120
		% D:	aily Value*
Total Fat 13g			20%
Saturated F	at 5g		25%
Trans Fat 0)g		
Cholesterol 1	155mg		52%
Sodium 230n	ng		10%
Total Carboh	vdrate	6g	2%
Dietary Fib			4%
Sugars 3g			
Protein 14g			
Vitamin A 15%	6 •	Vitamin (C 15%
Calcium 20%	•	Iron 6%	
*Percent Daily Vali diet. Your daily vali depending on your	ues may b	e higher or l	
Saturated Fat I Cholesterol		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg

Adapted from: Choice Menus

Fat 9 · Carbohydrate 4 · Protein 4

Makes 4 servings (196g / serving) • 1 serving = 2 English muffin halves