



Classic Tuna Melt

A lunchtime favorite!



Created by: StarKist
 Prep time: 10 minutes
 Cook time: 5 minutes
 Servings: 4

Nutritional Information:

When using two, 5 oz cans StarKist Chunk Light Tuna

Ingredients:

- 1 pouch (6.4 oz.) or 2 pouches (2.6 oz.) or 2 cans (5 oz.) StarKist® Chunk Light or Albacore Tuna (if using cans, chunked and drained)
- 2 tbsp. dried chopped onions
- 2 Tbsp mayonnaise
- 1 Tbsp finely chopped celery or pickle relish
- 8 slices bread
- 4 slices cheese (Cheddar, American, Pepper Jack or Mozzarella)

Directions:

- In a medium bowl, combine tuna, mayonnaise, onion and celery; mix well.
- Top 4 of the slices of bread with 1 slice cheese each. Spread tuna mixture over cheese slices and top with remaining bread slices.
- Spread each sandwich with additional mayonnaise; place in skillet. Cook on medium heat until lightly browned on both sides.

Tips:

Cucumber and carrot may be substituted for onion and celery.

Recipe Benefits:

- Kid Friendly
- Quick and Easy

Source URL: <http://www.starkist.com/recipe/classic-tuna-melt>

Nutrition Facts		
Serving Size 1 sandwich (147g)		
Servings Per Container 4		
Amount Per Serving		
Calories	400	
Calories from Fat	260	
		DV%
Total Fat	29 g	45 %
Saturated Fat	7 g	35 %
Trans Fat	0 g	
Cholesterol	45 mg	15 %
Sodium	900 mg	38 %
Total Carbohydrate	26 g	9 %
Dietary Fiber	2 g	8 %
Sugars	4 g	
Protein	19 g	
Vitamin A		6 %
Vitamin C		0 %
Calcium		35 %
Iron		8 %