

WILL'S FAVORITE TUNA CHEESE MELT SANDWICH

PREHEAT: toaster oven, 325 degrees Fahrenheit

PAN: toaster oven pan

- 1 can tuna, white albacore or Tongol, in spring water
Drain well. Put into medium size bowl. Break (mash) into little pieces with a fork.

- 1/3 cup canola mayonnaise
- 1 celery stalk, washed, finely chopped
- 1 teaspoon seasoned salt
Stir into tuna until it is smooth.

- 4 slices whole-grain bread
- 1 tablespoon canola mayonnaise
Spread mayonnaise on bread slices. Spread tuna mixture evenly on top.

- 1/2 grated white cheese of choice (low-fat)
Sprinkle over tuna mixture. Cover with second slice of bread.
Place in oven. Heat through until cheese is melted. Serve.

OPTIONS:

Leave as open-faced sandwich using one slice of bread.
Replace tuna with finely chopped cooked chicken or turkey.
Add finely chopped onions, lettuce, minced parsley, and/or sliced tomato.

4+ COLORS: white, cream, green, tan (+ colors from options)
FOOD CIRCLES: fish, essential fatty acids, vegetables, grain, dairy (+ fruit option)

Number of Servings: 2-3

Serve with: Carrot sticks, fresh fruit (washed), water

Comment: "Will now lives in Australia. He still looks forward to this sandwich." (mother of four)

GROCERY LIST

- Tuna, albacore or Tongol, in spring water
- Canola mayonnaise
- Seasoned salt
- Celery
- Bread, whole-grain

- White cheese of choice (low-fat)

OPTIONS:

- onions
- lettuce
- parsley
- tomato
- chicken or turkey, cooked