

## Skillet Tuna Melt

4 servings

To save money, try to shop no more than once a week and shop alone when possible.

- 1 Tablespoon vegetable oil
- 2 stalks celery, scrubbed with clean vegetable brush under running water, finely chopped
- 2 Tablespoons onion, scrubbed with clean vegetable brush under running water, finely chopped
- 1 clove garlic, minced **OR** ½ teaspoon garlic powder
- 2 (5 ounce) cans tuna in water, drained
- ⅓ cup light mayonnaise
- 1 Tablespoon yellow mustard (optional)
- 1 teaspoon lemon juice (optional)
- 2 Tablespoons chopped fresh parsley, gently rubbed under cold running water
- Salt, to taste
- Pepper, to taste
- ⅓ cup shredded Cheddar cheese
- 4 slices whole grain bread, toasted



1. Wash hands with soap and water.
2. Heat oil in a medium sized skillet over medium heat. Add celery, onion, and garlic. Sauté for 2 minutes.
3. Add tuna, mayonnaise, mustard, lemon juice and parsley. Season with salt and pepper. Stir and heat through, stirring occasionally.
4. Top with shredded cheese. Continue heating until the cheese is melted.
5. Serve on toasted whole grain bread.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving** (1/4 of recipe): 270 Calories, Total Fat 15g, Saturated Fat 3.5g, Protein 18g, Total Carbohydrate 16g, Dietary Fiber 2g, Total Sugars 2g, Includes 1g Added Sugars, Sodium 530mg, Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 6%.