

Tuna Melt

Recipe Type: Fish, Main Dish, Sandwich

Degree of Difficulty: Easy

Ingredients

2 can tuna, chunk white (6 oz), packed in water
1 ½ cup coleslaw, packaged or homemade
3 tbs green onion chopped
3 tbs Mayonnaise, fat free
1 tbs dijon-style mustard
4 each english muffins, split in half
⅓ cup cheddar cheese (reduced fat), shredded



Directions

- 1 Preheat broiler or toaster oven
- 2 In a medium bowl, combine tuna (drained), coleslaw and green onions.
- 3 In a small bowl, add fat free mayonnaise and mustard and stir to mix well.
- 4 Add to tuna mixture stirring to combine well.
- 5 Cut muffins in half. Spread mixture onto muffin halves.
- 6 Place open faced muffins on broiler pan.
- 7 Broil (about 4 inches from heat) for about 3 to 4 minutes.
- 8 Sprinkle each muffin half with cheese. Broil for another 1 to 2 minutes or until cheese is melted.

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 6 minutes

Nutrition Facts

Nutrition (per serving): 304 calories, 5.6g total fat, 1.7g saturated fat, 41.5mg cholesterol, 720.5mg sodium, 34.1g carbohydrates, 2.9g fiber, 2.2g sugar, 28.3g protein.

Servings: 4

Yield: 8 half sandwiches

Weight Watchers Points

Note: The tuna and green onions were not included in the calculation of the FreeStyle points. All other WW points do not include the green onions.

Orig. WW Pts: 6

Points Plus: 7

Smart Points: 7

FreeStyle Smart Points: 6

Tips

Add some of your favorite seasonings to enhance the flavor. You can use dill weed, lemon garlic or even an all purpose seasoning.