

Tuna, Pear & Apple Brie Melt Sandwich

This open faced sandwich is a scrumptious treat for the eyes & for your taste buds!

Serves 4 (1 slice each) Prep time 10 min / Total time 15 min

INGREDIENTS

- 2 cans (170 g each) Gold Seal® Flaked Light tuna, drained
- 1 Granny Smith apple, cored & thinly sliced
- 1 pear, cored & thinly sliced
- 8 thin slices Brie cheese
- 4 slices sourdough, rye or your favourite bread

COOKING INSTRUCTIONS

1. Preheat oven to 350°F (180°C).
2. Place apple and pear slices on bread, add tuna and 2 slices Brie cheese on each slice.
3. Place on a parchment paper lined baking sheet and bake in the oven for 5-7 minutes until cheese is melted & bubbly.

Ingredient of the day: Tuna

Canned light tuna is packed from skipjack or yellowfin, which are smaller tuna species, and their colour is actually 'light' pink. Canned tuna is high in protein, low in saturated fat and a very affordable source of protein.

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- Garnish with dried cranberries.
- Enjoy with a crisp greens or Caesar salad.

NUTRITIONAL VALUES / SERVING:

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|--------------|-------------------|
| Calories 305 | Fiber 3 g |
| Fat 10 g | Cholesterol 52 mg |
| Sat Fat 6 g | Sodium 418 mg |
| Carbs 27 g | Sugar 8 g |
| Protein 26 g | Calcium 75 mg |