

Tuna Melt

Gold Seal Chef's favorite comfort food on a rainy day!

Serves 6 (1 slice each) Prep time 10 min / Total time 15 min

INGREDIENTS

- 2 cans (170 g each) Gold Seal® Solid White tuna, drained
- ¼ cup finely diced red pepper
- ¼ cup finely diced celery
- ¾ cup low fat mayonnaise
- ¼ cup finely chopped green onion
- freshly cracked pepper, to taste
- 1 cup shredded or thinly sliced old cheddar
- 6 thin slices of rye or your favourite bread

COOKING INSTRUCTIONS

1. Mix red peppers, celery, mayonnaise and cracked pepper. Fold in chunks of tuna – careful not to mash the tuna.
2. Spoon tuna mixture over rye bread and cover with cheese.
3. Broil on high for 1 -2 minutes or until cheese begins to brown and bubble up.

Ingredient of the day: White Tuna

Canned white tuna is always albacore species. Its white colour meat looks great on top of salads or appetizers.

Canned tuna is a prominent component in many weight trainers' diets, as it is very high in easily digestible protein and quick to prepare.

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- To spice it up add a few drops of Tabasco sauce, or a sprinkle of cumin or curry powder.
- Enjoy with a bowl of tomato or vegetable soup for a complete meal.

NUTRITIONAL VALUES / SERVING:

Calories 225	Fiber 1 g
Fat 7 g	Cholesterol 24 mg
Sat Fat 2 g	Sodium 397 mg
Carbs 20 g	Sugar 2 g
Protein 18 g	Calcium 88 mg