



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040
Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

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Tuna Melt Burgers

Prep Time: 10 minutes

Cook Time: 20 minutes

Cost per serving: \$0.52

What you need:

Utensils:

- Can opener
- Medium bowl
- Wooden spoon
- Knife, fork, & spoon
- Cutting board & knife
- Measuring cups & spoons
- Aluminum foil
- Cookie sheet
- Potholders

Ingredients:

- 1 6-ounce can light tuna packed in water
- 2 medium stalks celery, chopped
- ½ cup reduced fat cheddar cheese
- ¼ cup light mayonnaise
- 1 tablespoon instant minced onion
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 12 slices of 100% whole wheat bread

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Preheat oven to 350°F.
4. Drain tuna and break the meat apart with a fork.
5. Wash and chop the celery and dice the cheese.
6. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
7. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).
8. Put each sandwich on a square of aluminum foil, and then wrap the foil around sandwiches, folding edges securely.
9. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.

Nutrition Facts

Serving Size 1 tuna melt burger
Servings Per Container 6

Amount Per Serving	
Calories 270	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 420mg	18%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 18g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 15%
Fat 9 • Carbohydrate	