



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.



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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	