

# Tuna Melt Sandwich

\*MENU IDEA: Tuna melt sandwich, vegetable soup, milk

## Ingredients:

2 6-ounce cans tuna, canned in water and drained  
1 bunch green onions, chopped or 1/3 cup chopped onion  
3 tablespoons light mayonnaise  
1/8 teaspoon black pepper  
1/8 teaspoon garlic powder  
4 slices whole wheat bread\*  
4 tomato slices (1 medium tomato)  
4 slices (3 ounces) American cheese

## Directions:

1. Preheat oven to 350°
2. In medium-size bowl, combine tuna, onion, mayonnaise, pepper, and garlic powder. Mix well.
3. Place bread on baking sheet. Spoon about one-fourth of the tuna mixture on each piece of bread, spreading nearly to edges. Add a tomato slice.
4. Bake 5 minutes.
5. Add a cheese slice on top of each sandwich and return to oven for another 5 minutes, or until cheese is melted and bread is toasted. Serve.

\*You can use any whole grain bread or split rolls. Get more ideas at [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings).

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