



Gourmet Kid-Friendly Tuna Tomato Melts

A quick, easy and healthy recipe. Good for lunch or supper!

Sarah Remmer, RD

Ingredients:

- 1 can pole and line chunk light tuna
- 2 slices whole grain bread (I use sprouted grain bread)
- 4 slices fresh tomato (approx. 1 tomato)
- 1.5 tbsp mayonnaise
- ¼ tsp dill, dried
- 1.5 oz. cheddar cheese, grated or thinly sliced
- freshly ground pepper to taste

Instructions:

1. Preheat oven or toaster oven to a low broil
2. Open can of tuna, drain water and spoon into a medium size bowl. Add mayo, dill and pepper. Using a fork, combine well.
3. Top both pieces of bread with equal amounts of tuna mixture, top with tomato slices (2 on each) and cheese (evenly distributed between both).
4. Place open-faced tuna sandwiches on a baking sheet and into the preheated oven for approximately 2 minutes until cheese is melted and slightly golden brown on top (watch carefully so that it doesn't burn!).
5. Allow two to three minutes to cool. Serve with raw veggies and dip or sliced fresh fruit. Enjoy!