



Italian Tuna Melts



1/2 of recipe (2 pieces): 309 calories, 12g total fat (4g sat. fat), 691mg sodium, 23.5g carbs, 6g fiber, 4g sugars, 30g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

4 slices light wheat bread
Two 2.6-oz. pouches albacore tuna in water
2 tbsp. light mayonnaise
1/2 tsp. Italian seasoning
1/4 tsp. garlic powder
1/4 tsp. onion powder
2 tbsp. finely chopped red onion
2 tbsp. chopped fresh basil
4 large tomato slices
1/2 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 400 degrees.

Lightly toast bread, and place on a baking sheet.

In a medium bowl, combine tuna, mayo, and seasonings. Mix well. Stir in red onion and basil.

Evenly top bread with tuna salad, tomato slices, and cheese.

Bake until tuna is hot and cheese has melted, about 5 minutes.

MAKES 2 SERVINGS

HG Alternative: Don't feel like turning on your oven? Microwave your melts for 1 minute, or until tuna is hot and cheese has melted. (Fair warning: They're much more delicious when baked!)

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