



Everything Bagel Tuna Melt



Entire recipe: 349 calories, 12g total fat (3.5g sat. fat), 806mg sodium, 27g carbs, 5g fiber, 4g sugars, 34.5g protein

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Prep: 5 minutes **Cook:** 10 minutes

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Ingredients

1 tbsp. light mayonnaise
1/4 tsp. [everything bagel seasoning](#), or more for topping
1/8 tsp. dried dill
One 5-oz. can [albacore tuna packed in water](#), drained and flaked
2 tbsp. finely chopped onion
1 thin bagel with about 110 calories (like [Thomas' Bagel Thins](#))
1 slice reduced-fat cheddar cheese, halved
Optional: pickle chips, sliced tomato

Directions

Preheat oven to 400°F.

In a medium bowl, combine mayo, bagel seasoning, and dill. Mix until uniform. Add tuna and onion. Stir to coat.

Split bagel in half, and toast to your preference.

Top bagel halves with tuna salad and cheese. Bake until tuna is hot and cheese has melted, about 5 minutes.

MAKES 1 SERVING

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