



## 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

**Green Plan [SmartPoints](#)® value 8\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 7\***

**Purple Plan [SmartPoints](#)® value 7\***

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#)

### 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!)

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.