



Portabella Tuna Melts



Entire recipe: 317 calories, 11g total fat (3g sat. fat), 662mg sodium, 19.5g carbs, 4.5g fiber, 7g sugars, 38g protein

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Prep: 5 minutes **Cook:** 20 minutes



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Ingredients

1 tbsp. light mayonnaise
1 tsp. Dijon mustard
1/4 tsp. garlic powder
1/4 tsp. onion powder
One 5 oz. can albacore tuna packed in water, drained and flaked
1/4 cup finely chopped onion
2 large portabella mushroom caps (stems removed)
1 slice reduced-fat cheddar cheese, halved
Optional seasonings: salt, black pepper

Directions

Preheat oven to 400°F. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

In a medium bowl, combine mayo, mustard, garlic powder, and onion powder. Mix until uniform. Add tuna and onion, and stir to coat.

Place mushroom caps on the center of the foil, rounded sides down. Place another large piece of foil over the mushroom caps. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet. Bake until slightly tender, about 14 minutes.

Cut packet to release steam before opening entirely. Remove foil, and carefully drain excess liquid from the baking sheet. Thoroughly blot away excess moisture from mushroom caps.

Fill mushrooms with tuna salad, and top each with half a slice of cheese. Bake until tuna is hot and cheese has melted, about 5 minutes.

MAKES 1 SERVING

HG Tip: Use a mushroom cleaning brush like [this Amazon find](#) to get your portabellas in recipe-ready shape!

High decadence with low effort... [Watch how to make it here!](#)

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