

Grilled Stuffed Tuna Melts

Recipe of the Month July - 2015



Add crunch to your lunch! Serve carrot and celery sticks plus veggie chips with these yummy sandwiches.

Prep Time: 30 Min

Start to Finish: 30 Min

Makes: 2 sandwiches

INGREDIENTS

1 can (6 oz.) water-packed white tuna, drained	2 tablespoons creamy Dijon mustard-mayonnaise spread
2 tablespoons finely chopped onion	2 tablespoons shredded reduced-fat Cheddar cheese (1/2 oz.)
1/4 cup finely chopped green bell pepper	4 slices whole-grain bread
1/4 cup finely chopped celery	

DIRECTIONS

1. Heat gas or charcoal grill for indirect-heat cooking as directed by manufacturer. Cut 2 (12x12-inch) sheets of heavy-duty foil. In small bowl, mix tuna, onion, bell pepper and celery. Stir in mustard-mayonnaise spread and cheese.
2. Spoon tuna mixture onto 2 bread slices; add remaining bread slices. Place each sandwich on center of foil sheet. Bring up 2 sides of foil over sandwich so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
3. Place packets on grill for indirect cooking. Cover grill; cook 12 to 15 minutes, rotating packets 1/2 turn after 6 minutes, until sandwiches are thoroughly heated. To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.



Recipe Provides: Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 3oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 Sandwich	Total Fat: 7 g	Saturated Fat: 1 ½ g
Calories: 290	Calories from Fat: 60	Carbohydrates: 28 g
Cholesterol: 30 mg	Dietary Fiber: 4 g	Sodium: 510 mg
Sugars: 8 g	Protein: 29 g	



Recipe adapted from www.eatbetterearly.com

