



English Muffin Tuna Cheese Melts



Makes 6 servings

Ingredients

- 1 (12 ounce) can tuna in water, drained
- 2 tablespoons mayonnaise
- ½ teaspoon garlic powder
- ¼ cup celery, diced
- ¼ cup onion, diced
- 3 multigrain English muffins
- 1 ½ tablespoons canola oil
- 6 slices Havarti cheese

Directions

1. Preheat oven to 350 F.
2. In a small bowl, mix together the tuna, mayonnaise, garlic powder, celery and onion. Cover and place in the refrigerator until needed.
3. Brush each half of muffin with canola oil. Place on lined baking sheet and put into oven. Bake until lightly browned, 2 to 3 minutes.
4. Place 1/3 cup tuna mixture on each muffin half and top with a slice of cheese. Put back into the oven and bake for 6 to 8 minutes or until cheese is melted.

(directions continued on back)



Directions (continued)

Children can make this recipe with adult supervision. Small children may need help taking out the hot baking sheet from the oven.

♥ = heart smart

⊗ = low sodium

ⓄGF = gluten free

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Nutrition Facts

Serving Size 1/2 English muffin
topped with 1/3 cup tuna mixture
(126g)
Servings Per Container 6

Amount Per Serving

Calories 240 **Calories from Fat** 120

% Daily Value*

Total Fat 14g **22%**

 Saturated Fat 4.5g **23%**

 Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 400mg **17%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 5g **20%**

 Sugars 1g

Protein 17g

Vitamin A 2% • Vitamin C 2%

Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: Fish, wheat, egg (mayonnaise). Mayonnaise may contain soy.

Carb choices per serving: 1