



Healthy Tuna Melt Recipe

Healthy Tuna Melt Recipe with wild tuna, a bit of cream cheese and no mayo, served on whole grain English muffin.

Prep Time: 5 minutes Cook Time: 6 minutes Servings: 2 servings Calories: 320kcal
Author: Olena Osipov

Ingredients

- 6 oz can tuna packed in water drained
- 3 tbsp cream cheese
- Pinch of **salt**
- Pinch of **ground black pepper**
- Pinch of **garlic powder**
- 2 whole grain English muffins bagels or 4 bread slices
- 1/4 cup shredded any hard cheese divided
- Green onions chopped (optional)

US Customary - Metric

Instructions

1. In a small bowl, add tuna, cream cheese, salt, pepper and garlic powder; mix with a fork.
2. Cut English muffins or bagels in half and toast. Divide tuna mixture between 4 toasts, top with 1 tbsp cheese, place on baking sheet and broil on High for 6 - 7 minutes or until cheese is melted and browned a bit.
3. Serve immediately with soup, salad or vegetables.

Nutrition

Serving: 2slices | Calories: 320kcal | Carbohydrates: 24g | Protein: 26g | Fat: 14g | Saturated Fat: 8g | Cholesterol: 69mg | Sodium: 415mg | Potassium: 302mg | Fiber: 4g | Sugar: 5g | Vitamin A: 482IU | Calcium: 289mg | Iron: 3mg