



Tuna Veggie Melt



Recipe from: Foodhero.org

Ingredients

- 1 can (5 ounces) tuna in water, drained
- 1/4 cup celery, chopped
- 1 green onion, sliced
- 1/2 carrot, grated
- 1 Tbsp. mayonnaise
- 1/4 tsp. pepper
- 3 whole wheat English muffins
- 1/2 cup grated cheddar cheese

Yield: 3 servings
Serving Size: 2 muffin halves



Directions

1. In a small bowl, mix tuna, celery, onion, carrot, mayonnaise and pepper.
2. Top each muffin half with tuna mixture and grated cheese.
3. Broil (in oven) until cheese melts, about 3 minutes.
4. Enjoy!

Estimated Price:

Yield (3 servings): \$4.60
Serving Size (2 muffin halves): \$1.53

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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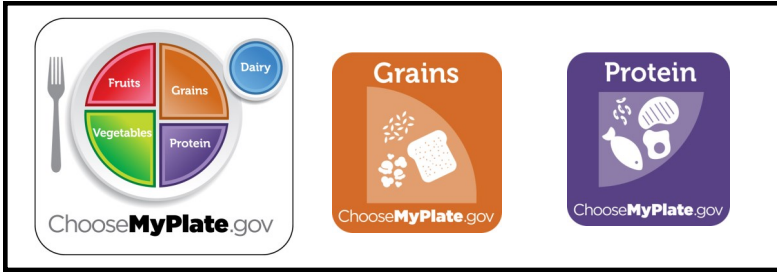
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Fast Facts



Featured Food Groups



Cooking Tips

- Don't have an English muffin? Try a slice of whole wheat bread or a whole grain tortilla!

Nutrition Facts

Serving Size 2 muffins (159g)
Servings Per Container 3

Amount Per Serving

Calories 290 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 560mg **23%**

Total Carbohydrate 30g **10%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 18g

Vitamin A 70% • Vitamin C 4%

Calcium 35% • 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

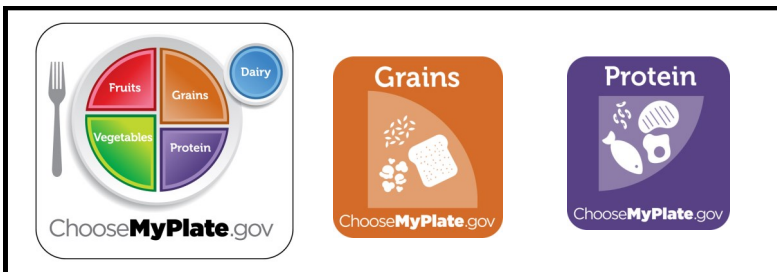
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