



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!

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



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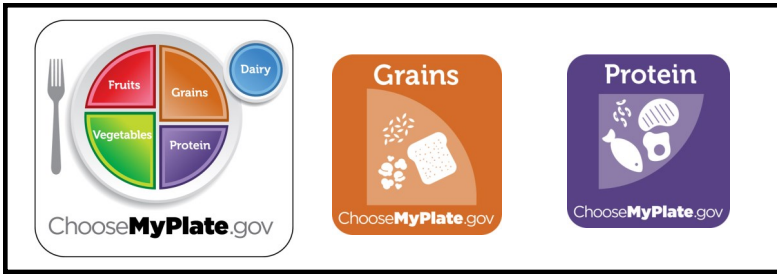
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Fast Facts



Featured Food Groups



| 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 | |

Cooking Tips



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

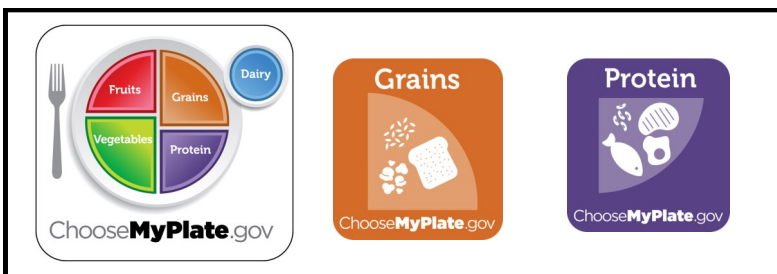
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