**TUNA MELT**

**1 RECIPE/UNIT**

**Ingredients:**

![C:\Documents and Settings\km16171\Local Settings\Temporary Internet Files\Content.IE5\LJA9K38E\MC900325406[1].wmf]()1 can flaked tuna, drained

60 mL light mayonnaise

1 green onion, chopped

¼ stalk of celery, diced

1-2 mL black pepper

Salt to taste

½ English muffin per person

125 mL cheese, grated

**Directions:**

1. Place oven rack in the top position and preheat oven to broil (“Broil,” then ^ button).
2. Toast the English muffin halves, cut side up, under the broiler on a baking sheet until they are golden and crispy - approximately 2 minutes.

***Reminder: When broiling, never close the oven door and keep a close eye on your food. It can burn quite quickly because of the high temperature being used.***

1. Using a can opener, open your can of tuna and drain the excess liquid from the can by pressing the lid down against the tuna in the can.
2. Rinse vegetables in cold water. **Chop** green onion, **dice** celery and **grate** cheese.
3. In a medium bowl, combine drained tuna, green onion, celery, light mayonnaise, salt and pepper.
4. Remove toasted English muffin halves from the oven and top with tuna mixture and then the grated cheese.
5. Place back into the oven and broil just until the cheese is melted; approximately 1-2 minutes.
6. Allow to cool slightly before eating.