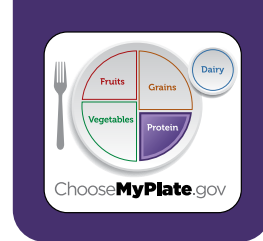


Bountiful Backpack

Tuna Melt Sandwich

Serves: 8

Serving Size: 1 sandwich



Ingredients:

- 2 (12 ounces) cans tuna, reduced sodium, canned in water and drained or 4 (5 ounce cans) tuna, canned in water and drained
- 2 Tablespoons minced onions
- 6 Tablespoons light mayonnaise
- 1/8 teaspoon black pepper (optional)
- 1/4 teaspoon garlic powder
- 8 slices whole wheat bread
- 8 slices (6 ounces) low-fat cheese



Directions:

1. Preheat oven to 350 degrees F.
2. In medium-size bowl, combine tuna, onion, mayonnaise, pepper, and garlic powder. Mix well.
3. Place bread on baking sheet. Spoon about one-fourth of the tuna mixture on each piece of bread.
4. Bake 5 minutes.
5. Add cheese on top of each sandwich and return to oven for another 5 minutes, or until cheese is melted and bread is toasted.
6. Serve immediately.

Nutrition Facts

8 servings per container

Serving size 1 sandwich (169g)

Amount Per Serving

Calories 350

% Daily Value*

Total Fat 12g	15%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 50mg	17%
Sodium 630mg	27%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 31g	62%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 2.7mg	15%
Potassium 0mg	0%
Vitamin A	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.