

Tuna Pizza Melt

SERVING SIZE: 1 english muffin
SERVINGS: 6
PREPARATION TIME: 10 minutes
COOK TIME: 5 minutes

INGREDIENTS:

- 6 whole wheat English muffins
- 3 5 ounce cans of chunk light tuna in water, drained
- 1 8 ounce can of pizza sauce
- 6 slices mozzarella cheese
- Optional:* sprinkle of oregano

DIRECTIONS:

1. Cut English muffin in half
2. Spread 1 teaspoon of pizza sauce on each muffin half
3. Drain tuna in a mesh strainer
4. Add 1/4 can of drained tuna to each muffin half
5. Sprinkle oregano on English muffin if desired
6. Cut slices of mozzarella cheese in half
7. Place 1 half cheese slice on each English muffin half
8. Place each English muffin half into toaster oven for 2-3 minutes or microwave until cheese has melted



NUTRITION FACTS:

Amount Per Serving	
Calories	244
Total fat	8g
Saturated fat	3g
Cholesterol	42mg
Sodium	713mg
Total Carbohydrate	20g
Fiber	3g
Sugar	5g
Includes 1g of Added Sugars	
Protein	25g
Phosphorus	369mg
Potassium	355mg

EQUIPMENT NEEDED:

- Toaster oven or microwave
- Mesh strainer

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyselves.org