

Tuna Melt

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Ingredients:

6 oz can tuna, drained.
½ cup of Chopped apple.
¼ cup of Nonfat mayonnaise.
1 tablespoon of Chopped green onion.
1 teaspoon of Dijon mustard.
½ teaspoon of Curry powder.
4 slc Toasted Bread.
4 tablespoons of Toasted diamond walnuts.
4 oz Sliced Cheddar cheese.

Directions:

1. Mix the tuna, apple, mayonnaise, onion, mustard and curry powder in a bowl.
2. Spread about 1/4 of the tuna mixture on each slice of bread and sprinkle with 1 tablespoon toasted walnuts.
3. Place the cheese slices on the top. Broil for about 3 minutes or until cheese is melted.