

Veggie Tuna Melts

Makes: 28 or 56 Servings

28 Servings

56 Servings

Ingredients	Weight	Measure	Weight	Measure
Tuna, packed inwater, drained		4-12.5 oz cans		8-12.5 oz cans
Mayonnaise		2 Tbsp		1/4 cup
Mustard, brown		2 Tbsp		1/4 cup
Onions, chopped		2 cups		4 cups
Celery, chopped		4 cups		8 cups
Carrots, grated		4 cups		8 cups
Cheese, cheddar		1 cup		2 cups
Bread, whole grain		28 slices		56 silces

Directions

1. Preheat oven to 350° F.
2. Wash and dry onions, celery, and carrots. Chop onion and celery. Grate carrots. Combine in bowl. Set aside.
3. Combine mayonnaise, mustard, and drained tuna in a bowl.
4. Add onions, carrots, and celery.
5. Place bread slices on a baking sheet.
6. Top bread with 3/4 cup of tuna mixture, sprinkle with cheese.
7. Bake at 350° F for 5 minutes, until cheese is melted and bread is toasted.

Notes

This dish can also be made using tomatoes, peppers, or any combination of vegetables children like!

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	149	
Total Fat	3 g	
Protein	15 g	
Carbohydrates	15 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	350 mg	