

## **Tuna Melt on Toasted Whole Wheat English Muffin**

6 ounces tuna packed in water  
2 teaspoon light mayonnaise  
2 tablespoon chopped yellow onion  
1 tablespoon chopped celery  
1 teaspoon lemon juice  
¼ teaspoon fresh ground pepper  
4 slice whole wheat English Muffin  
¼ cup shredded low fat cheddar

Combine tuna, mayonnaise, onion, celery, pepper and lemon juice. Toast English Muffins. Place tuna salad on bread. Add cheese and place in toaster until melted about 30 seconds.

*Calories 330 Fat 9g Protein 36g Carbohydrate 29g Dietary Fiber 4g Sodium 510mg*