

Updated Tuna Melts

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*1 can (5 ounce) undrained
tuna packed in olive oil
2 tablespoons chopped
olives
2 tablespoons dill pickles
1 teaspoon Dijon mustard
1/2 teaspoon lemon zest
toasted sourdough bread
slices
cheese slices (of choice)*

In a bowl, stir together the tuna, olives, pickles, Dijon mustard and lemon zest.

Top toasted sourdough bread slices with the tuna mixture. Add a slice of your favorite cheese.

Broil until melted, about 1 minute.

Per Serving (excluding unknown items): 31 Calories; 2g Fat (63.7% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 484mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.