

## Quick Tuna Melt & Fresh Orange Wedges ~ choose one side item to complete your meal

### Quick Tuna Melt

6 servings

12 slices	Sliced honey wheat bread
3 Tbsp	Whipped butter <u>or</u> trans-fat-free margarine
2 cans	Chunk light tuna in water
2 Tbsp	Mayonnaise, reduced fat type
2 Tbsp	Plain yogurt, nonfat
6 oz	Cheddar cheese, chunk, 75% reduced fat, thinly sliced



Preheat a nonstick, flat skillet to medium heat. In a mixing bowl, combine tuna, mayonnaise and yogurt and stir until smooth. Spread mixture on 6 bread slices. Top with cheese slices and remaining bread. Spread butter lightly on both sides of sandwiches. Grill about 5 minutes on each side or until browned.

**Sliced honey wheat bread on sale**

**Chunk light tuna on sale**

**Plain nonfat yogurt on sale**

**Fresh oranges on sale**

### Tuna Recipe Nutrition per serving

286 calories; 24 gm protein; 25 gm carbohydrate; 10 gm total fat; 5 gm saturated fat; 0 trans fat; 34 mg cholesterol; 2 gm fiber; 700 mg sodium

**To Make Fresh Orange Wedges:** Cut oranges in half. Cut in half again. Cut in half again. Chill.

### Side Items:

**1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

**3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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