Open-Faced Apple-Bottomed Tuna Melts

Entire recipe: 216 calories, 9.5g total fat (3g sat. fat), 483mg sodium, 10.5g carbs, 1.5g fiber, 6g sugars, 22g protein

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WW Points® value 3*

Prep: 5 minutes   **Cook:** 5 minutes

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Ingredients

1 tbsp. light mayonnaise
1/2 tsp. Dijon mustard
1/8 tsp. garlic powder
1/8 tsp. onion powder
2 1/2 oz. albacore tuna packed in water, drained and flaked
2 tbsp. finely chopped onion
Two 1/4-inch-thick round apple slices (cut from a large apple)
1 slice reduced-fat cheddar cheese, quartered
Optional seasonings: salt, black pepper

Directions

Preheat oven to 400ºF.

In a medium bowl, combine mayo, mustard, garlic powder, and onion powder. Mix until uniform. Add tuna and onion. Stir to coat.

Top apple slices with tuna salad and cheese. Place in a baking pan. Bake until tuna is hot and cheese has melted, about 5 minutes.

MAKES 1 SERVING

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