Apple Tuna Melt

Yield: 2 servings
Total Time: 15 minutes

Ingredients
1 medium apple
1 5-ounce can light tuna in water, drained
2 teaspoons light mayonnaise
½ Tablespoon lemon juice
Black pepper, to taste
2 slices whole wheat bread
¼ cup shredded reduced-fat cheddar cheese

Preparation Instructions
1. Thinly slice apple and set aside.
2. Preheat broiler in oven or toaster oven to low.
3. Combine tuna, mayonnaise, lemon juice and black pepper in a medium bowl. Spread half of the tuna mixture on each slice of toast. Top with apple slices and sprinkle half of the cheese on top of each sandwich.
4. Place sandwiches open-faced on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.

Nutrition Analysis
Per serving: 230 calories; 6g fat (2g saturated, 0g trans); 35mg cholesterol; 460mg sodium; 26g carbohydrate (4g fiber; 11g sugar); 21g protein. Vitamin A 4%, Vitamin C 8%, Calcium 25%, Iron 10% Daily Value.

Cost
Per serving: $1.18