Tuna Melt Sandwiches
Makes 6 servings

Ingredients
- 1 can tuna, drained
- 1 green onion, diced (optional)
- 1 rib celery, diced
- 1 medium carrot, shredded
- 2 tbsp mayonnaise OR 1 avocado, mashed
- 1 cup cheddar cheese, shredded
- 3 whole grain buns, cut in half

Directions
- Preheat oven to 350 °F (175 °C).
- In a medium-size mixing bowl, mix tuna, onion, celery, carrot, mayonnaise (or avocado).
- Spoon tuna mixture equally over the 6 halved buns.
- Sprinkle with cheese.
- Bake in oven for 10-15 minutes (to warm through and melt cheese).

Tips
- Serve tuna mixture on crackers or rice cakes for a snack.
- Mix tuna mixture and cheese with cooked pasta and 1-2 tbsp each vinegar and oil (for a tuna noodle salad).
- Kids can help…chop vegetables, stir, shred cheese, assemble.