

Spicy Tuna Melts

PLAN IT!

Plan your meals ahead of time to save time and money.

Food I already have in my pantry to prepare this recipe:

Food I need to purchase to prepare this recipe:

TIPS

- Omit The Cheese, And Do Not Bake
- Garnish With Fresh Cilantro Before Serving
- Increase The Heat: Add Hot Sauce or Sub Mayo for Siracha

PREPARE IT!

Serves: 12

Prep. Time: 15 min

Ingredients:

- 2 Fresh Jalapeno Peppers Divided
- 24 Premium Saltine Crackers
- 1 Can (5 oz.) White Tuna In Water, Drained
- ¼ Cup Reduced-Fat Mayonnaise
- ½ Cup Shredded Reduced-Fat Sharp Cheddar Cheese
- 6 Grape Tomatoes, Each Cut Into 4 Slices

Instructions:

- Heat Oven To 350°F
- Chop Peppers To Measure 2 Tsp. Cut Remaining Peppers Into 24 Slices
- Place Crackers on Baking Sheet
- Combine Tuna, Mayo, & Chopped Peppers; Spoon Onto Crackers, Top With Cheese
- Bake 3 To 5 Min. Or Until Tuna Mixture Is Heated And Cheese Is Melted
- Top With Tomatoes And Sliced Peppers
- Serve Warm

ENJOY IT!

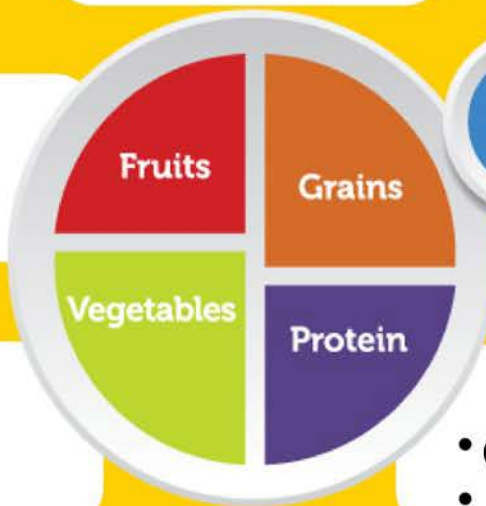
Use MyPlate to complete your meal. Fill in the blanks with foods of your choice.

Fruits

- Fruit salad
- _____

Vegetables

- Kale chips
- _____



Dairy

Dairy

- Greek yogurt
- _____

Grains

- Popcorn
- _____

Protein

- Canned Tuna
- _____