

To Crave for Tuna Melt



This sandwich is not only delicious but it's something that can be made fairly quickly. The tuna can be made the day before. When we are pressed for time, this has been one of our go-to meal that's both quick and nutritious. Add a prebiotic pickle and dinner is made! In the following recipe you can learn how we make it and with the products we choose. You can modify it anyway to make it work best for you. You can also add tomato or avocado. We've made these as tuna boats without the bread filling romaine lettuce leaves to hold the tuna. It makes for a great meal to take on a picnic.

Ingredients

- Skipjack or light chunk tuna (least mercury)
- 2 celery stalks, chopped
- ½ red onion, chopped
- Sir Kensington Mayonnaise
- Pepper
- Kerrygold cheddar cheese from grass-fed cows, sliced
- Food for Life bread (red package without soy) or romaine lettuce
- Kerrygold butter from grass-fed cows

Directions

1. Butter two slices of bread or use romaine lettuce for cold meal.
2. Place one slice of bread, buttered side down in pan. Top with tuna salad, tomato, avocado, etc.
3. Cut the cheese (hahah!) and place on tuna and fixings.
4. Add top slice of bread.
5. Once bread is browned, flip and brown the other side. Place cover ajar on fry pan. Helps melt the cheese.
6. Add a Bubbies Kosher Dill Pickle with cultures good for gut health.
7. Enjoy!