

Pesto Tuna Melt

Serving Size: 1 sandwich | Servings per Recipe: 2 sandwiches | Healthy



INGREDIENTS

- 1 can (5 ounces) tuna
- ½ cup pesto sauce (canned)
- 1 tbsp low-fat plain yogurt
- 4 slices whole grain bread
- 4 slices of cheddar cheese
- 1 tsp oil for cooking

DIRECTIONS

- In a bowl, combine the tuna, pesto, and yogurt.
- Place a slice of cheese on one piece of bread, then spread the tuna mixture with a spoon, cover the tuna with one more slice of cheese, and top it off with the remaining piece of bread.
- Heat a skillet over medium heat and drizzle with oil. Use a spatula to lower the sandwich into a pan. Grill until the bread is toasted. Flip and grill the second side until the cheese is melted.



Calories per serving: 510 kcal | 27 g total fat | 38 g total carbohydrates | 30 g protein