

# 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:

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Food I need to purchase to prepare this recipe:

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## TIPS

- Omit The Cheese, And Do Not Bake
- Garnish With Fresh Cilantro Or Green Onions
- Increase The Heat: Add Hot Sauce or Tab Mayo or Sracha

## PREPARE IT!

Serves: 12 Prep Time: 15 min

Ingredients:

- 2 Fresh Jalapeno Peppers Divided
- 2 Tbsp Romani Baking Crackers
- 1 Can (7.5 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

- Kettle chips
- \_\_\_\_\_

Fruits

Grains

Vegetables

Dairy

### Dairy

- Greek yogurt
- \_\_\_\_\_

### Grains

- Popcorn
- \_\_\_\_\_

### Protein

Canned tuna

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