



Tuna (or Salmon) Melt

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 (4 lb) can	tuna or salmon, drained	1 (1.88 kg) can
2 cups	mayonnaise	500 mL
2 cups	celery, diced	500 mL
2 cups	green onion, sliced	500 mL
¼ cup	lemon juice	60 mL
25	whole wheat English muffins	25
50 slices (3.5 lbs)	cheese (cheddar, Monterey, or mozzarella)	50 slices (1.6 kg)
Optional:	apple, grated (added to tuna mix)	

Instructions

1. Preheat oven to 350°F (180°C).
2. In large bowl, combine tuna, mayonnaise, celery, green onion, and lemon juice. Add grated apple, if using.
3. Slice English muffins and place sliced side-up on a parchment-lined baking sheet.
4. Place in oven and bake for 10 – 15 minutes.
5. Remove English muffins from oven and top each half with approximately 80 g (1/3 cup) of tuna mixture and a slice of cheese.
6. Return to oven until cheese is melted and English muffins are slightly crispy around the edges.

Vegetarian Substitution suggestion: Egg Melt (see recipe)

Nutrition Information

Serving 1 tuna melt
(100 g)

Calories 250

Fat 13 g

Saturated 6 g

+ Trans 0 g

Sodium 20 mg

Carbohydrates 16 g

Fibre 2 g

Sugars 4 g

Protein 17 g

Calcium 250 mg

Iron 1.5 mg

Food Guide Servings

1 Grain Product

1 Milk & Alternative

½ Meat & Alternative