

Sea Fare Pacific

Toasted Tuna Melt on English Muffins

Ingredients:

- 1 whole wheat English muffin
- 1 3oz Sea Fare Pacific Albacore Tuna Pouch
- ¼ cup spinach
- 2 slices of tomato
- 1 slice low fat cheese
- Salt and pepper



Directions:

1. Toast English muffin (use only half for less carbs)
2. Prepare Sea Fare Pacific tuna, no draining needed, mix natural fish oils back into the tuna. Add salt & pepper to taste.
3. Layer English muffin with low fat cheese (add first so cheese melts on warm muffin), spinach, tomato and tuna.
4. Enjoy!