Gourmet Tuna Melt
Recipe: Melissa Schenker/Foodie for Two
Serves two foodies

Ingredients:

Tuna Salad
3 tablespoons mayonnaise
1 tablespoon diced onion
1 tablespoon diced celery
1 tablespoon chopped parsley
1 teaspoon apple cider vinegar
¼ teaspoon salt
1/8 teaspoon pepper
1 seven ounce can solid white albacore tuna fish, packed in water

Herb Mayonnaise
1 tablespoon mayonnaise
¼ teaspoon dried fine herbs (parsley, tarragon, chervil & chives)
1/8 teaspoon lemon zest

Sandwiches
2 slices of your favorite good bread (recommend Raisin & Cranberry bread or Rye bread)
8 to 10 thin slices of cucumber
½ cup sunflower sprouts (or any broad-leaf sprout, Mâche or baby greens)
1/3 cup grated sharp cheddar cheese
Salt and pepper

Directions:

Tuna Salad – In a medium bowl, add the mayonnaise, onion, celery, parsley, apple cider vinegar, salt and pepper and mix well. Drain the tuna fish and add to the bowl. Stir well with a fork, leaving some large chunks of tuna.

Herb Mayonnaise – Add all the ingredients to a small bowl and mix well.

Assemble Sandwiches – Very lightly toast both slices of bread. Spread mayonnaise on both pieces of bread and layer each with the half of the cucumbers, sprouts, tuna fish and top with grated cheese.

Place under a broiler until cheese is bubbly and lightly golden. Season with salt and pepper and serve hot.

Serve with sliced apples or potato chips.