

## Zesty Garlic Tuna Melts

### Ingredients:

14 ounces Tuna Packaged in Water

3 Tbsp Light Mayo

2 Tbsp Yellow mustard

1 1/3 Tbsp Minced Garlic

2 Slices Reduced Fat Cheese

### Cooking Directions:

Heat oven to 450 degrees. Combine ingredients into a large bowl and mix well. Measure out two 7 ounce portions of tuna and form into a half ball shape. Add 1 slice of cheese to each portion of tuna. Heat for 10-15 minutes in oven.

**Medifast Info: 2 Lean, 1.5 Healthy Fat, 0 Green, 5 Condiments**

RAS