

# Tuna Melt

## INGREDIENTS

1 onion	butter
1 can of tuna	sliced bread
Vegetable oil	(preferably
Sliced American	whole wheat)
Cheese	

## DIRECTIONS - makes 2 sandwiches

1. Dice half of an onion
2. Sauté the onion on a skillet for 5-10 minutes over low-medium heat with 2 tablespoons of vegetable oil
3. Open a can of tuna and pour into skillet, mix this over heat for 5-10 minutes
4. Butter 2 slices of bread and place one slice of cheese on each.
5. Place the tuna-onion mixture on the other two slices of bread, as much tuna-onion mixture as preferred.
6. Close the sandwich, spread butter on the outsides.
7. Place each sandwich on a clean skillet and toast each side until golden-brown.
8. Serve with your favorite soup or alone and enjoy!