

Main Course

Tuna Mushroom Melt

**Gluten-Free*

This recipe gets creative and replaces the standard bread option with a portabella capped mushroom.

You'll Need

- Can of Tuna: Chunk Light with Water
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Tarragon
- Capers
- Brown Mustard
- Portobello Mushroom
- Tomato minced
- Sharp Cheddar Cheese



Directions

- Drain tuna. Add pepper, salt, EVOO. Add 1/3 the amount of white wine vinegar compared to the EVOO added, then add the tarragon, capers, brown mustard, and tomatoes. Mix together and taste. Add seasonings as needed.
- Clean Portobello mushroom, remove stem, and add tuna mixture to bowl side of mushroom.
- Slice some sharp cheddar as thinly as possible and add to top of tuna.
- Broil on high for about 10 - 15 minutes.

Play With Your Food

- Incorporate different herbs such as basil or oregano
- Top with feta cheese instead of cheddar.

Medwell Kitchen Tested