



SERVING UP

Savings!

weis

SERVES 4 for \$3
PER SERVING

Tuna Melt

KEY INGREDIENT SHOPPING LIST

- 2 (5-ounce) pouches Bumble Bee® Tuna\$2.00
- 1 (16-ounce) jar Smart Balance® Dressing
Omega Plus Light Mayonnaise\$2.19
- 1 Fresh yellow onion.....\$1.50
- 1 (9-ounce) bottle Weis Quality
Yellow Mustard79¢
- 1 (13-ounce) package Weis Quality
Whole Grain English Muffins\$2.59
- 2 Fresh Roma tomatoes.....74¢
- 1 (8-ounce) package Weis Quality
Natural Cheese Slices\$1.67

PRICES EFFECTIVE 9-3-09 THROUGH 9-9-09

INSTRUCTIONS:

- 2 (5-ounce) pouches Bumble Bee® Tuna,
drained and flaked
- 1/3 cup Smart Balance® Dressing
Omega Plus Light Mayonnaise
- 1 1/2 Tbsp. fresh onion, minced
- 1/2 Tbsp. Weis Quality Yellow Mustard
- 4 Weis Quality Whole Grain English Muffins,
split and toasted
- 2 Fresh Roma tomatoes, sliced
- 4 Slices Weis Quality Natural Cheese Slices

Combine tuna, mayonnaise, onion, and mustard. Add 1.5 tablespoons Weis Quality Sweet Pickle Relish if desired. Spread tuna mixture on each toasted English muffin half. Top with tomato slices and cheese. Broil 4 to 5 minutes or until cheese melts.

Serving Suggestion: Serve with fresh watermelon and grapes.

Recipe and photo courtesy of Bumble Bee® Tuna

