Dinner

Broiled Tuna Salad Tomato Cups

Juicy tomatoes are hollowed out, filled with a creamy tuna, celery and shallot mixture, and topped with pepper Jack cheese. A quick turn under the broiler leaves the cheese melted and golden.



Gluten free | Nut free

20 min	180	10 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 slices pepper Jack cheese (reduced fat)
- [ ] 1 tsp celery seed
- [ ] 1 med shallots (minced)
- [ ] 2 stalks celery (small diced)
- [ ] 1/4 cup mayonnaise (made with olive oil)
- [ ] 2 (5-ounce) cans tuna packed in water (chunk-light, drained)
- [ ] 4 large tomato(es)
- [ ] 1 spray, 0.25 gram nonstick cooking spray

Method

- [ ] **1** Set the oven to broil at 500 F. Cover a baking sheet with parchment paper or foil, coat the surface with the nonstick cooking spray, and keep it nearby.
- [ ] **2** Cut off the top of each tomato, then score around the inside edge to free the core. Scoop out the seeds and pulp with a spoon until every tomato is an empty shell.
- [ ] **3** Tip two 5-ounce cans of chunk light tuna packed in water into a mixing bowl, pour off the liquid, then stir in the mayonnaise, diced celery, minced shallots, and celery seed until evenly blended.
- [ ] **4** Fill each hollowed tomato shell with the tuna blend and lay a slice of reduced fat pepper Jack cheese over the top.
- [ ] **5** Set the filled tomatoes on the prepared sheet and broil for 3 to 5 minutes, just until the cheese is melted and starting to brown.

Nutrition Facts

Per serving

Calories	**180**
Total fat	9 g
Saturated fat	2 g
Sodium	410 mg
Total carbs	10 g
Fiber	3 g
Total sugars	5 g
Protein	15 g

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