**Tuna Melt**

**Tuna Salad:**

1 12 oz. can tuna fish, drained of liquid

3 Tbsp. onion, small dice

2 Tbsp. mayo

¼ tsp. mustard powder

¼ tsp. parsley

Salt and pepper to taste

**Ingredients:**

6 slices rye or white bread

4 Tbsp. butter, softened but not melted

6 slices provolone cheese

1 tomato cut into 6 slices

**INSTRUCTIONS**

**Tuna Salad:**

1. Drain the tuna well. Mix in a bowl with all other ingredients.
2. Adjust seasonings to your taste.

**Tuna Melt:**

1. Butter one side of each piece of rye bread. Set aside on a plate.
2. You will need 2 frying pans for this.
3. Heat a small frying pan over medium-high heat. Spray well.
4. Add 1/3 of the tuna mixture to the pan. Keep it in a pile about the size of a piece of the bread.
5. Cook it until it begins to get crispy on one side. Flip the whole pile over and put 2 slices of cheese on top of it.
6. While you are cooking the tuna, heat a large frying pan over medium-high heat.
7. Put in 2 slices of bread buttered side down. Cook until they get crispy.
8. Once the tuna is crispy on both sides, put it onto one slice of bread in the other frying pan. Top with sliced tomatoes. Put the other slice of bread on top and press down; it should be flattened, but you should not have ingredients falling out of the sides.
9. Repeat 2 more times.
10. Enjoy.