

Cheesy Corn 'n' Tuna TOASTIES

Ahh toast. Versatile, easy and tongue-tinglingly tasty! So what are you waiting for? Grab your granary bread and get grilling Grads!



What you need:

2 slices wholemeal/granary bread

2 x 80g tins tuna

½ cup reduced fat grated cheese

198g tin of sweetcorn

Keep your eyes on these toasties Grads, they burn easily under the grill.

Fast facts

Serves: 2 persons

Prep time: 4 mins

Skill-o-meter: Easy peasy!

Cooking time: 5 mins

Eat me when? A fast lunch or easy dinner.

What to do:



Top Ten Tasty Toasty Toppings

- reduced sugar jam
- no added sugar peanut butter
- mashed banana
- apples and raisins
- low fat cottage cheese with sliced cucumber
- sliced boiled egg with pepper
- sliced avocado
- Marmite or Vegemite
- diced tomatoes, garlic and onions
- thin layer of houmous with carrot sticks on top

Step 1

Drain the sweetcorn and tuna and put them into a large bowl. Add the grated cheese and mix it all together with a fork

Step 2

Spoon half the mixture on to each slice of wholemeal or granary bread and spread evenly

Step 3

Place under a hot grill for 3 -5 minutes until the cheese is melted and golden.



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