



Tuna Potato Melt

Ingredients

- 100 grams tuna
- 2 tbsp tomato paste
- 1/2 cup fat-free sharp cheddar cheese, grated and divided
- 150 gram potato peeled and diced
- 1 pinch chili powder
- 1 pinch Italian seasoning

Directions

1. Cut the potato in slices to panfry in non-fat cooking spray for 10-20 sec.
2. Spray a deep oven dish with non-fat cooking spray. Preheat the oven to 400 degrees Fahrenheit (200C).
3. Put some of the tomato paste in the bottom of the dish and then add a layer of potato, tuna, herbs, chili flakes and fat-free cheese.
4. Repeat one more time with tomato paste, potato, tuna and finish off with the fat-free cheese.
5. Cook in the oven for 25 minutes until a nice color develops.

Servings: 1

Degree of Difficulty: Easy

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serving size: Entire recipe (12 ounces)