

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Mushroom Tuna Melts

### Ingredients

*2 portabella mushroom caps*

*2 x 95g cans of tuna in olive oil*

*3 tbs of full fat mayonnaise (no seed oils)*

*1 shallot, sliced*

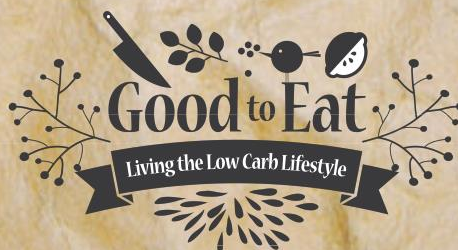
*1 tbs of grated cheddar*

*Fresh ground pepper to taste*



### Method

1. Preheat oven to 180 degrees C.
2. Line a baking sheet with foil and spray with non-stick spray.
3. Remove the gills and stems from the mushrooms.
4. Drain the oil from the tins of tuna and turn into a mixing bowl.
5. Add half of the shallots, pepper and mayonnaise in with the tuna and mix thoroughly.
6. Divide the tuna between both mushroom caps and top with the remaining shallots and cheese.
7. Bake for 15 minutes until the cheese is melted.
8. Serve.



Preparation Time: 10 minutes

Cooking Time: 15 minutes

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Serves 2

For more recipes and information on living the low carbohydrate lifestyle find us at:

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