Cheesy Tuna Zucchini Melt

**INGREDIENTS**

- 2 small (or 1 large) zucchini or summer squash
- 4 tsp olive oil
- 1 can tuna, drained
- 2 Tbsp mayo or plain Greek yogurt (optional)
- 1/4 cup chopped onion (optional)
- 2 Tbsp lemon juice
- Salt & pepper, to taste
- 1/2 cup cheese

**PREPARATION**

1. Turn oven or toaster oven to 400F. Rinse zucchini under running water, pat dry, then slice each in half length-wise. Use a spoon to scoop out soft center of each zucchini half.
2. Place zucchini halves on baking sheet or aluminum foil. Brush each with 1 teaspoon oil, then roast in oven for 15-20 minutes, or until fork-tender. (Note that large zucchinis will take longer to cook.)
3. In a small bowl, mix together tuna, mayo or Greek yogurt, onion, lemon juice, salt and pepper with a fork.
4. Once zucchini is done, remove from oven and spread 1/4 of the tuna mix into the center of each. Sprinkle cheese on top. Place back in oven and roast for another 5 minutes, or until cheese is fully melted. Enjoy! Store leftovers in fridge for up to 2 days.

**Tips:** Reduce food waste by mixing the scooped out zucchini middles in with the tuna mixture. The tuna mixture also works well stuffed in a microwave-baked potato or spread on top of toasted bread.

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