

TUNA & AVOCADO MELT

(adapted from NY Times Magazine, Feb 22, 2004)

Makes a light main course for two persons:

1 6 ounce can tuna packed in water, drained

Few Tb chopped red onion

1 rib of chopped celery

lemon juice

about 2 Tb Hellman's mayonnaise

1 ripe avocado

grated sharp Cheddar cheese

Flake tuna. Mix with onion, celery, mayonnaise and lemon juice.

Pam and wipe bottom of broiler-proof dish.

Slice avocado. Make two circular pancake-like mounds of avocado slices.

Top each with half of the tuna mix, mounded up.

Cover each with grated cheddar.

Place under broiler until cheese melts, a minute or two.

Use spatula to lift onto plates.

(NY Times serves on rye toast)