



Tuna or Salmon Melt

Maintenance/Treatment to be mixed into your sandwich: fish (salmon, tuna, cod, etc.)

Ingredients:

- Bread of choice
- Cheese of choice (cheddar, mozzarella, marble cheese, vegan cheese, etc.)
- 1-2 tablespoons of mayonnaise
- Salt and pepper to taste
- Optional: slices of tomatoes
- Optional: diced celery or diced apples for added texture/taste



Instructions:

1. Optional: dice your tomatoes, celery, or apples
2. Flake your fish with a fork (pulling the pieces apart). Measure out your maintenance amount.
3. Combine your shredded fish with mayonnaise, salt, pepper, diced tomatoes/celery/apples
4. Slather two pieces of bread with mayo or butter then place into a large skillet, mayo/butter side down.
5. Place a cheese slice onto the bread
6. Spread fish mixture over the cheese slices of one slice of bread and place an additional slice of cheese on top of the fish.
7. Place the remaining bread slice on top of the other piece and flip the sandwich over to cook the other slice of bread until brown.
8. Remove from the pan and serve. Can serve with a side of chips or fruit.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Wheat, Seafood