

Roasted Zucchini Tuna Melts

35 minutes | 2 servings



Find cookware

[baking sheet pan](#)
[can opener](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater](#)
[measuring spoons](#)
[mixing bowls](#)
[oven mitts](#)

Grab ingredients

2 sticks	celery
2 (6 oz) cans	chunk light tuna in water
1 clove	garlic
½	lemon
1 oz	Parmesan cheese
2 medium	zucchini squash
	black pepper
	dill, dried
	extra virgin olive oil
	salt

Cook & enjoy

- 1 Preheat the oven to 450°F and position rack in the centre.
- 2 Wash and dry the zucchini. Halve lengthwise and, using a spoon, scrape out the centre and reserve for later. Place the halves cut-side up on the baking sheet. Rub with olive oil and season with salt and pepper.
2 medium zucchini squash
1 tbsp extra virgin olive oil
¼ tsp salt
¼ tsp black pepper
- 3 Place in the oven and bake until just tender when pierced with a fork, 10-15 minutes.
- 4 Small dice the reserved zucchini flesh; transfer to a large bowl.
- 5 Wash the celery, trim ends, and small dice; add to the bowl with the zucchini. Peel and mince the garlic; add to the bowl.
2 sticks celery
1 clove garlic
- 6 Add tuna, lemon juice, olive oil, dill, salt, and pepper to the bowl with vegetables and mix together.
2 (6 oz) cans chunk light tuna in water
juice of ¼ lemon
2 tbsp extra virgin olive oil
1 tsp dill
¼ tsp salt
¼ tsp black pepper
- 7 Finely grate ½ cup of Parmesan.
1 oz Parmesan cheese
- 8 Once the zucchini is done, take it out of the oven. Turn on the broiler and position rack in the upper third of the oven.
- 9 Fill the zucchini halves with the tuna mixture and sprinkle with the grated Parmesan. Return to the oven and broil until the cheese has browned, 2-3 minutes.
- 10 Cut the remaining ¼ lemon into wedges for serving.
- 11 To serve, place the zucchini tuna melts on a plate and garnish with lemon wedges. Enjoy!