Tuna Cheesies

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical, Cognitive

What You Need:

- 2 (6 oz) cans tuna packed in water, drained
- 3 T mayonnaise
- 1 t celery salt
- 1 t onion powder
- 1 t garlic powder
- 1/3 cup chopped celery
- 1/3 cup chopped onion
- 1/4 cup chopped yellow bell pepper
- 2 T butter
- 3 English muffins, split
- 6 slices American cheese
- 6 slices fresh tomato

What To Do:
1. Preheat oven to 350° F.
2. Together, flake the tuna (using a fork or spoon) into a medium bowl. Talk about how you are breaking up the pieces of tuna into smaller pieces.
3. Have your child mix in the mayonnaise, celery salt, onion powder, and garlic powder. Talk about how the mixture is changing, then have her stir in celery, onion, and yellow bell pepper.
4. Together, butter English muffin halves and place them on a baking sheet.
5. Bake for 3 minutes in the preheated oven, until lightly browned, then remove from oven.
6. Have your child make a spoonful of the tuna mixture and have her observe you put it onto each muffin half and top each with a slice of cheese.
7. Put the baking sheet back in the oven, and continue baking until the cheese has melted, about 5 minutes. Ask your child what she thinks will happen to each snack.
8. Remove from oven and top each with a tomato slice to serve.

Adapted from: http://allrecipes.com/recipe/85364/tuna-cheesies/