

KAMALA HARRIS'S TUNA MELTDOWN

INGREDIENTS



- 1 can tuna packed in water
- 1-2 ribs celery
- 1 large slice red onion (optional)
- 1 1/2 to 2 tablespoons mayonnaise plus a bit more for spreading on the bread (Miracle Whip is fine)
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh parsley, chopped
- Salt and pepper to taste
- Approximately 1 teaspoon fresh lemon juice (a good squeeze from a lemon wedge)
- 2 slices whole wheat bread
- 2 slices cheddar cheese
- 1-2 tablespoons butter

DIRECTIONS

1. Drain the water from the tuna and place in a mixing bowl. Break up the larger tuna chunks with a fork or spoon.
 2. Trim the celery ribs and dice them fine.
 3. Chop the red onion, if using, and add to the tuna. Harris accomplishes this by cutting an onion in half cross-wise, cutting a criss-cross pattern on one cut side, and then slicing off the pattern to make chopped onion.
 4. Add mayonnaise and and Dijon mustard.
5. Add pepper and salt to taste. You may only need a little salt, as the dish will already be fairly salty.

6. Add lemon juice and mix again.

At this point, you can make a cold tuna salad sandwich or, if you're like me, eat the tuna salad on crackers or pita chips. Or, you can proceed with the tuna melt:

7. Spread some tuna salad on one slice of bread, and lay the cheddar slices on the other. Put them together to make a sandwich.

8. Spread a little mayonnaise on the outside surfaces of the sandwich.

9. Melt butter in a skillet, and cook the sandwich on both sides until the bread is browned and the cheese has melted. Slice in half and serve.