

Broiled Seafood Muffins



Serves 2

Ingredients:

- 2 English muffins split
- 2 tbsp light mayonnaise
- 100 g cooked crab, shrimp or fish
- 60 g grated reduced-fat cheddar cheese

Procedure:

- Toast muffins.
- Spread the mayonnaise.
- Top with seafood and cheese.
- Broil until cheese melts.

Per serving:

- Calories: 209
- Protein: 26 gm
- Carbohydrates: 28 gm
- Fat: 8 gm

This recipe is a good choice for a luncheon or light supper.
Tuna can be substituted for the seafood listed.