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Ingredients

- 1 can (6 oz) flaked water-packed tuna, drained
- 1/2 cup light aged cheddar cheese, thinly sliced
- 1/4 cup Parmesan cheese, freshly grated
- 1/2 cup crumbled goat cheese
- 8 slices [Country Harvest Flax bread](#)
- 8 slices plum tomato 8 slices sweet onion

Directions

1. Divide the cheddar, Parmesan and goat cheese between four slices of bread. Top with the sliced tomatoes and onions. Cover with the remaining four slices of bread.
2. Spray both sides of each sandwich with cooking oil. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.
3. Cut each sandwich in half

Makes 4 sandwiches

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