

Blackened Tuna Patties

Prep Time: 10 minutes

Cook Time: 6 minutes

Makes 4 patties

Ingredients:

1, 5 ounce can tuna, in water, drained
1/4 cup diced onion
1/3 cup shredded or diced vegetables
(carrots, celery, peppers, or zucchini)
2 tablespoons light salad dressing (like ranch)
1 teaspoon garlic powder
1 egg
1/3 cup plain bread crumbs
Nonstick cooking spray

Directions:

1. Crack egg into small bowl and beat with a fork. Add and stir in drained tuna, onion, vegetables, dressing, and garlic powder.
2. Stir the bread crumbs into the mixture. Let the mixture rest for 5 minutes.
3. Wash hands. Form the mixture into 4 patties. Each patty should be about 1/3 inch thick and 3 inches wide. Wash hands.
4. Heat a skillet to medium. Spray the pan with nonstick cooking spray when it is hot. Cook the patties for 2-3 minutes. Turn patties over and cook for 2-3 minutes more. Cook until patties are browned and 145 degrees Fahrenheit inside.*



Use non-stick cooking spray for low-fat cooking!

*Thoroughly heat tuna patties to ensure raw egg is cooked.



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Make your own bread crumbs!

One and a half slices of bread make about 1/3 cup of crumbs.

1. Preheat the oven to 300 degrees Fahrenheit.
2. Place slices of bread on a cookie sheet. Bake the bread in the oven until it dries and crumbles easily.
3. Place the bread slices in a plastic bag. Seal the bag and crush the bread.
4. Store the leftover bread crumbs in an airtight container in the freezer.

Serving Size: 1 patty

Nutrition Facts:

Calories: 100
Fat: 2.5 g
Saturated Fat: 0.5 g
Sodium: 210 mg
Total Carbohydrates: 9 g
Fiber: 1 g
Protein: 10 g



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Reference: Spend Smart Eat Smart. Iowa State University Extension and Outreach. Web. <http://www.extension.iastate.edu/foodsavings/recipes/blackened-tuna-patties>

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