

TUNA BURGERS

Makes 6 servings

Serving Size: 1 patty

Ingredients

- 1 (12-ounce) can tuna
- 1 1/4 cups bread crumbs, divided
- 1 cup (4 ounces) cheddar cheese, shredded
- 1 egg, lightly beaten
- 1/2 cup non-fat ranch salad dressing
- 1/4 cup finely chopped onion
- Non-stick cooking spray

Directions

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine tuna, 3/4 cup bread crumbs, cheese, egg, salad dressing, and onion.
3. Form six patties; coat each side with remaining 1/2 cup bread crumbs.
4. Spray non-stick skillet with cooking spray; heat to medium heat.
5. Cook patties 3-5 minutes on each side until golden brown

Nutrition information Per Serving

280 calories	
Total Fat	9 g
Saturated Fat	4.5 g
Protein	23 g
Total Carbohydrate	24 g
Dietary Fiber	<1 g
Sodium	750 mg

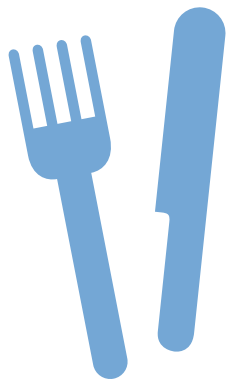
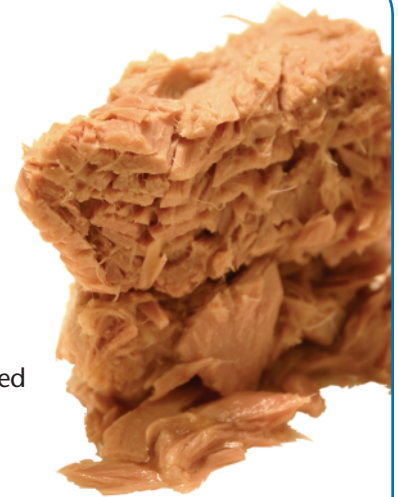


Excellent Source
of Calcium



Excellent Source
of Iron

Recipe analyzed using
light tuna in water.



Eat Smart

