

Tuna Patties

Seafood is a great source of heart-healthy omega-3 fatty acids.

These are great on their own, or you can serve them on a bun.

You can also replace the canned tuna with a 1-pound can of salmon.

Approximate preparation time: 15 minutes.

Ingredients

- 3 5-ounce cans water-pack tuna, drained and flaked with a fork
- ½ cup diced mixed vegetables (such as bell pepper, onion, cucumber)
- 2 TBSP lemon juice or cider vinegar
- ¼ cup plain Greek yogurt or low fat sour cream
- 2 TBSP brown mustard
- ½ cup dry breadcrumbs
- 2 tsp. oil (for cooking)

Mix tuna, vegetables, lemon juice, yogurt, mustard and bread crumbs until mixture holds together. Shape into 6 patties about 3 inches across. Heat a large skillet over medium-high heat and add oil. When oil is hot, add patties and cook until browned on the bottom; flip patties and cook until browned on the second side.

Nutrition information per patty:

100
Calories

9g
Protein

10g
Carbs

3g
Fat

1g
Fiber

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