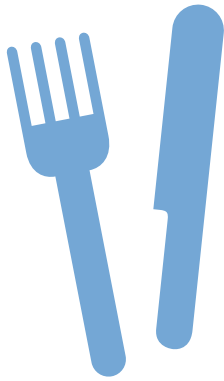


TUNA BURGERS

Makes 6 servings
Serving Size: 1 patty

Hint: Serve on whole-wheat buns. Add lettuce, tomato, cucumbers and shredded carrots as condiments to build a healthy burger.



Eat Smart

Ingredients

- 2 (4.5-ounce) cans low-sodium tuna, packed in water
- 1¼ cup bread crumbs, divided (whole-wheat if available)
- 1 cup low-fat shredded cheddar cheese
- 1 egg, lightly beaten
- 1/4 cup minced celery
- 1/4 cup minced onion
- 1 tablespoon Italian seasoning
- 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, celery, onion and Italian seasoning.
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



Good Source of Calcium



Good Source of Iron

Recipe analyzed using light tuna in water.



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