



## Recipe of the Month—March 2015

### Blackened Tuna Patties

Serves 4

Serving Size: 1 patty

#### Ingredients

1 can (5 ounces)

1/4 cup

1/3 cup

2 tablespoons

1 teaspoon

1

1/3 cup

Nonstick cooking spray

**tuna**, packed in water, drained

**onion**, diced

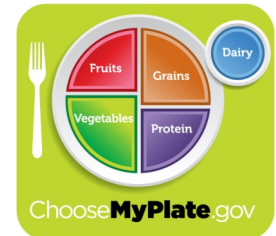
shredded or diced **vegetables** (like  
**carrots, celery, peppers, or zucchini**)

light **salad dressing** (like ranch)

garlic powder

**egg**, beaten

plain bread crumbs



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#### Directions

1. Stir tuna, onion, vegetables, dressing, and garlic powder in a bowl.
2. Mix in the beaten egg.
3. Stir the bread crumbs into the mixture. Let the mixture rest for 5 minutes.
4. Form the mixture into 4 patties. Each patty should be about 1/3 inch thick and 3 inches wide.
5. 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.

#### Testing Meat

To test thin items—such as hamburger or fish patties, steaks, chops, or chicken breasts—insert an instant read thermometer from the side so 2 to 3 inches of the stem is in the center of the food and away from fat or bone.

**NUTRITION FACTS PER SERVING:** 100 calories, 2.5 g total fat (.5 g sat. fat), 60 mg cholesterol, 210 mg sodium, 9 g carbohydrates, 1 g fiber, 1 g sugar, 10 g protein