Recipe of the Month—March 2015

Blackened Tuna Patties
Serves 4
Serving Size: 1 patty

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

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

Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2015 Nutrition & Fitness Calendar