

TUNA PATTIES



INGREDIENTS:

- 1 5oz can of tuna
- 1 tbsp bread crumbs
- 1 whole egg
- 1/2 tbsp Dijon mustard
- 1 tbsp fresh parsley
OR 1/2 tbsp dried parsley
- 1/2 tsp lemon pepper

DIRECTIONS:

- 1) Open and drain tuna. Mash with a fork
- 2) In a medium bowl mix tuna, egg, bread crumbs, parsley, mustard, and lemon pepper.
- 3) Heat a small pan on medium heat. Lightly spray with cooking oil.
- 4) Using your hands make 2 3oz patties
- 5) Cook for ~5-6 minutes on each side

Enjoy!

Makes 2 | Serving Size: 1 Patty
Calories: 139 | Protein: 20 g | Carbs: 3 g | Fat: 5 g