

INGREDIENTS

- 2 (4.5-ounce) cans low-sodium tuna
- 1 cup bread crumbs, divided
- 1 cup low-fat cheddar cheese, shredded
- 1 egg, lightly beaten
- ½ cup non-fat ranch salad dressing
- ¼ cup finely chopped onion
- Non-stick cooking spray

INSTRUCTIONS

- Drain tuna, separate into flakes using a fork
- In a medium bowl, combine tuna, ½ cup bread crumbs, cheese, egg, salad dressing, and onion.
- Form six patties; coat each side with remaining ½ cup bread crumbs.
- Spray non-stick skillet with cooking spray; heat to medium heat.
- Cook patties 3-5 minutes on each side until golden brown.

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TUNA BURGER

Makes 6 servings

Serving size: 1 patty

Nutrition Information Per Serving

230 Calories, Total Fat 8g, Saturated Fat 4g, Protein 17g, Total Carbohydrate 20g, Dietary Fiber 3g, Sodium 430mg. Good source of calcium and iron.



This recipe is courtesy of North Carolina Extension and their EFNEP program.