

Tuna Burgers

Ingredients:

2 teaspoons olive oil
 12 ounces tuna in water, canned
 1 small onion
 4 ounces cheddar cheese, low fat,
 shredded
 1 large egg, lightly beaten
 1/4 cup reduced-fat mayonnaise
 3/4 cup bread crumbs
 1/4 teaspoon lemon pepper
 1/4 teaspoon garlic
 1/4 teaspoon dill
 Non stick cooking spray
 6 whole wheat buns

Equipment:

Cutting board
 Knife
 Mixing bowl
 Grater
 Mixing spoon
 Measuring cups

Number of Servings: 6
 Prep Time: 5 minutes
 Total Time: 10 minutes

Directions

1. Heat oil in non stick skillet to medium heat.
2. Open and drain tuna, put in mixing bowl, and flake apart with fork.
3. Cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces. Add to tuna.
4. Grate cheese with a grater into small pieces, add to tuna.
5. To crack an egg, tap it in several places on a hard surface until the shell is broken, and pull apart with your fingers. Pour the egg into a glass and check for shells and bad smells. If it is OK, add to bowl. Be sure to wash hands after handling eggs.
6. Add mayonnaise, bread crumbs, lemon pepper, garlic, and dill. Mix until lightly blended. With your hands, form six patties.
7. Cook patties 3-5 minutes on each side until golden brown. Serve with buns.

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Nutrition Facts			
Serving Size: 1 burger			
Servings: 6			
Amount Per Serving			
Calories 351		Calories from Fat 90	
		%Daily Value*	
Total Fat 10g			15%
Saturated Fat 2g			11%
Cholesterol 60mg			20%
Sodium 667mg			20%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			14%
Protein 27g			54%
Vitamin A 2%	Vitamin C 2%		
Iron 17%	Calcium 18%		

*Percent Daily Values are based on a 2,000 calorie diet.

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