

TUNA BURGERS

Sourced from Faithful Families Thriving Communities

TOTAL PREP TIME: 5 MINUTES | COOK TIME: 10 MINUTES

SERVINGS: 6 | SERVING SIZE: 1 PATTY

NUTRITION FACTS

230 calories
Total Fat: 8g
Saturated Fat: 4g
Carbohydrates: 20g
Fiber: 3g
Protein: 17g
Sodium: 430mg
Cholesterol: 61mg

INGREDIENTS

- 2 (4.5oz) cans low-sodium tuna, packed in water
- 1 cup bread crumbs, divided
- 1 cup reduced-fat cheddar cheese, shredded
- 1 egg, lightly beaten
- 1/2 cup fat free ranch dressing
- 1/4 cup onion, finely chopped
- Non-stick cooking spray

DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Drain tuna, separate into flakes using a fork.
3. In a medium bowl, combine tuna, 1/2 cup bread crumbs, cheese, egg, ranch dressing, and onion.
4. Form six patties; coat each side with remaining 1/2 cup bread crumbs.
5. Spray non-stick skillet with cooking spray; heat to medium heat.
6. Cook patties 3-5 minutes on each side until golden brown and internal temperature of each patty reaches 160°F.



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NUTRITION AND RECIPE TIPS

- Serve on whole-wheat buns, lettuce wraps, or over a bed of brown rice or couscous.
- Top with lettuce, tomato, cucumbers, and shredded carrots to build a nutritious, veggie filled burger.
- Trying making them into smaller patties and serve with a dipping sauce; kids will love to serve themselves.
- Tuna is a source of **lean protein** that is lower in saturated fat than a traditional beef burger. It's also a delicious way to get in a serving of heart healthy, **omega 3 fats**. Canned or packet tuna is affordable and nutritious.
- Good source of **iron**: prevents anemia; aids in body growth and development.