

# Tuna-Patty Burgers

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## Ingredients Needed:

- 2 (6 oz.) cans tuna, drained
- 2 eggs, beaten
- 1 carrot, scraped and finely grated
- ¼ cup dry bread crumbs
- 1 green onion, finely sliced
- 4 tsp. olive oil
- 4 whole wheat hamburger buns
- salt and pepper to taste



<u>Nutrition Facts:</u>	
Yield	4 servings
Calories	303
Total Fat	10 g
Sat Fat	2 g
Sodium	496 mg
Added Sugar	1 g
Vitamin A	25% DV
Vitamin D	27% DV
Vitamin K	16% DV
Calcium	11% DV
Iron	17% DV
*Nutrition facts are for 1 serving	

## Recipe Directions:

- In a mixing bowl, combine tuna, eggs, carrot, breadcrumbs, and onion; shape mixture into four patties.
- In a large skillet, heat olive oil over medium heat.
- Sauté tuna patties for four to five minutes on each side; turn carefully as they easily fall apart.
- Serve on hamburger buns- even better if they are toasted!
- Enjoy!