

Tuna & Veggie Patties

Makes
8 servings

Prep time
15 minutes

Cook time
15 minutes

Good source of
Protein
Iron
Vitamin D

Ingredients:

- 2 cans (5 oz.) tuna in water
- 1/4 cup broccoli, fresh or frozen, finely chopped
- 1/4 cup long beans or winged beans, thinly sliced
- 1/4 cup yellow onion, finely chopped
- 1 clove fresh garlic, minced
- 1 large egg
- 1/4 cup dry oatmeal or breadcrumbs
- 1 Tbsp. lemon or kalamansi juice
- 1/8 tsp. black pepper
- 1/8 tsp. salt
- 1 tsp. vegetable or canola oil

Nutrition Facts

8 servings per container
Serving size 1 Patty (55g)

Amount per serving
Calories **60**

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 102mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Drain tuna well. Place tuna in mixing bowl and use a fork to flake, or separate, fish into small chunks.
2. Add broccoli, long beans, onion, garlic, egg, oatmeal or breadcrumbs, lemon or kalamansi juice, black pepper, and salt. Mix thoroughly.
3. Take about 1/4 cup of the mixture and use clean hands to form into a tightly-packed patty. Repeat for remaining ingredients.
4. In a frying pan or skillet, heat vegetable oil over medium heat. Add patties and cook for 5 to 7 minutes, or until brown. Flip and cook the other side for an additional 5 to 7 minutes.
5. Serve hot. Refrigerate any leftovers.

