



Tuna Burgers

Ingredients

Yield 6 servings

Serving size: 1 burger

- 2 5- to 6-ounce cans chunk tuna, drained
- ½ cup breadcrumbs
- ¼ cup mayonnaise
- ½ cup finely chopped vegetable (any such as onion, carrot, celery, bell pepper)
- 1 egg
- Salt and Pepper to taste
- Vegetable oil, butter or cooking spray for pan frying

Directions

1. Mix all ingredients in a bowl except oil or butter for frying.
2. Form into 6 patties.
3. Add oil to a griddle or saute pan over medium heat. Fry burgers on each side for 3-4 minutes.