



BROILED TUNA BURGERS

Serves 4

INGREDIENTS

2 6-oz. cans light tuna, drained

1 egg

½ cup whole-wheat bread crumbs

½ teaspoon garlic powder

¼ teaspoon ground black pepper

½ cup red bell pepper, diced

¼ cup onion, minced

Cooking spray

PREPARATION

Preheat the oven to 400°F.

Spray a baking sheet with cooking spray.

Mix the ingredients together in a medium bowl.

Form the mixture into 4 patties and place onto baking sheet.

Bake until burgers are golden brown. About 12 minutes. Flip the burgers and broil for 5 minutes or until golden brown and crisp. Serve with a whole-wheat bun, lettuce, tomato, and light mayonnaise, if desired.

Nutritional Information: Per serving: 174 calories; 3 g total fat; 1 g saturated fat; 12 g carbohydrate; 1 g fiber; 24 g protein; 2% Vitamin A; 1% Vitamin C; 4% Calcium;



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