Rainy Day BBQ

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

**Preparations**

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; 12% Iron.