



COOKING FOR WELLNESS

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Albacore Tuna Patties

Ingredients

- 2 - 12 oz. cans of chunk tuna in water
- 2 eggs
- 1/2 cup breadcrumbs
- 4 Tbsp. plain greek yogurt
- 2 Tbsp. lemon juice
- 1/2 diced white onion, sauteed
- 1/4 tsp. salt
- 1/2 tsp. black pepper



Serves: 8

Prep Time: 45 minutes

Cook Time: 12 minutes

Nutrition Information: 1 serving

162 calories: 4 gm fat (1 saturated), 6 gm
carb, .4 gm fiber, 1 gm sugar, 23 gm protein



Call, click, or scan for more recipes, upcoming events, and to register.
<https://www.cancersupportohio.org/programs-and-services/cooking-and-nutrition/>
614-884-HOPE (4673)





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Instructions

1. Drain the tuna and place it into a large mixing bowl. Add the remaining ingredients and, using your hands, gently mix to combine.
2. Form into 8-10 patties and place on a plate. Refrigerate for at least 30 minutes for easier handling.
3. Spray your air fryer basket with cooking spray or olive oil.
4. Cook 4 at a time, depending on your basket size. Don't overcrowd them; you'll want room to be able to flip them easily.
5. Cook at 375 degrees F. for 12 minutes, flipping at the halfway mark. Remove and set aside, then continue this process until all of the patties have been cooked.



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