

CANNED TUNA BURGERS



SERVING SIZE

2



INGREDIENTS

ITEM

Can Tuna in Water, Drained
Approved Mayonnaise
Dijon Mustard
Fresh Garlic, Minced
Large Eggs, Lightly Beaten

QUANTITY

2 (5 Oz.)
2 Tbsp.
2 Tbsp.
2 Tsp.
2

ITEM

Salt
Black Pepper
Fresh Parsley, Chopped
(or Cilantro)
Olive Oil

QUANTITY

½ Tsp.
¼ Tsp.
½ Cup
2 Tbsp.



PREPARATION

- In a mixing bowl, combine tuna, mayonnaise, mustard, garlic, eggs, salt, pepper, and parsley. Mix until evenly blended.
- Shape the mixture into 4 small patties or 2 large ones, depending on your preference.
- Place the patties in the hot pan and cook for 3-4 minutes per side, or until golden brown and firm.
- Serve and Enjoy!