

Italian Tuna Patties

Mary Jane Funk - Yakima, WA

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Yield: 4 to 5 patties

1 can (6-1/2 ounce) water-packed tuna, drained

1 egg

1 tablespoon onion flakes

1 tablespoon parsley flakes

1/4 cup grated Romano cheese

20 soda crackers, crushed finely

1/2 teaspoon garlic salt

oil (for frying)

Preparation Time: 15 minutes

In a bowl, mix together the tuna, egg, onion flakes, parsley flakes, cheese, crackers and garlic salt. Form into four to five thin patties.

Fry in a hot skillet in a small amount of oil. Fry approximately one minute on each side.

Best when served with fried potatoes, vegetables and a salad.

Per Serving (excluding unknown items): 202 Calories; 13g Fat (56.5% calories from fat); 16g Protein; 6g Carbohydrate; 1g Dietary Fiber; 241mg Cholesterol; 1432mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Fat; 0 Other Carbohydrates.