

# **Tuna Croquettes II**

Ruth Bakalar

The Complete Potato Cookbook

**3 cans (7 oz) tuna, drained and grated**

**1 1/2 cups mashed potatoes**

**1 tablespoon parsley, chopped**

**1/2 teaspoon lemon juice**

**1 tablespoon onion, chopped**

**1 egg**

**salt and pepper to taste**

**celery salt to taste**

**1 cup dry bread crumbs**

In a large bowl, mix tuna, potatoes and parsley.

Add lemon juice and onion; mix well.

Add egg plus salt, pepper and celery salt to taste; mix well.

Mold the mixture into balls or pear-shaped croquettes. Roll balls in bread crumb mixture.

Fry croquettes in a deep fryer or skillet with cooking oil until crisp and brown.

Serving Ideas: Can be served with a white sauce.

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Per Serving (excluding unknown items): 1490 Calories; 43g Fat (26.5% calories from fat); 145g Protein; 121g Carbohydrate; 9g Dietary Fiber; 412mg Cholesterol; 1939mg Sodium. Exchanges: 7 1/2 Grain(Starch); 17 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.