

Tuna Potato Cakes

Helen Palecki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*2 eggs
1/2 cup flour
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon onion,
chopped
2 cups mashed potatoes
1 can (6-1/2 ounce) tuna,
drained and flaked*

In a bowl, beat the eggs lightly. Add the flour, salt, pepper, chopped onion, mashed potatoes and tuna. Mix well.

On a hot griddle or skillet, drop the tuna mixture by spoonfuls. Flatten somewhat. Brown on both sides.

Serve hot.

Per Serving (excluding unknown items): 957 Calories; 28g Fat (26.9% calories from fat); 67g Protein; 105g Carbohydrate; 10g Dietary Fiber; 497mg Cholesterol; 1724mg Sodium. Exchanges: 6 1/2 Grain(Starch); 7 Lean Meat; 0 Vegetable; 2 1/2 Fat.