



Crispy Lemon & Herb Tuna Patties

SERVING: 1 PATTIE (ABOUT 5-INCH) PREP TIME: 15 MIN
YIELD: 6 TOTAL TIME: 30 MIN

Ingredients

- 3 Tbsp Extra Virgin Olive Oil
- 5 oz can Tuna in Water, drained very well
- 12 oz can Tuna in Water, drained very well
- 1/2 Red Onion, chopped finely
- 2 tsp Lemon Zest
- 3 tsp Lemon Juice
- 3 large Eggs, lightly beaten
- 1 tbsp Garlic in water, minced
- 3 tbsp Mayonnaise, olive oil variety
- 1/2 cup Grated Parmesan Cheese
- 1 cup Panko, halved

Seasonings

- 2 tsp Dried Parsley Seasoning
- 1 tsp Lemon & Pepper Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Celery Seeds Seasoning
- 1/4 tsp Dill Weed Seasoning
- 1/4 tsp Crushed Red Pepper

4 Ways to Serve Tuna Patties

1. Whole wheat bun with all your favorite toppings.

2. Salad packed with lots of fresh vegetables.

3. Tacos with warmed corn tortillas, cabbage slaw, and a spicy salsa.

4. Whole wheat wrap. Add a layer of hummus, fresh vegetables, & feta cheese for a Mediterranean wrap.

Nutrition Facts

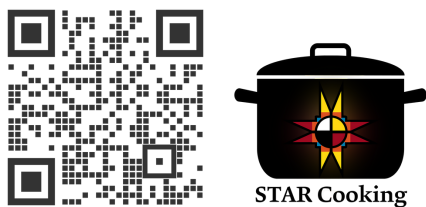
6 servings per container	
Serving size	1 Pattie (0.0g)
Amount Per Serving	
Calories	270
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 460mg	20%
Total Carbohydrate 13g	5%
Dietary Fiber <1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1mcg	4%
Calcium 100mg	8%
Iron 1.9mg	10%
Potassium 210mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

1. Using a large bowl, COMBINE chopped onion, lemon zest, lemon juice, beaten eggs, garlic, mayonnaise, parmesan cheese, 1/2 cup panko, drained tuna, and all the seasonings.
2. ADD 1/2 cup of panko to a rectangle deep dish pan and spread evenly.
3. Using a large skillet over medium high heat, ADD 3 tbsp of oil.
4. SCOOP 1/2 cup of tuna mixture to make patties shape and coat with panko on each side.
5. ADD patties to skillet. Using a spatula, flatten cakes about 1/8 inch thick. Cook on both sides about 3-4 minutes or until golden brown flipping carefully. Drain on paper towel.
6. Allow to cool for a few minutes before serving. Enjoy!

*Recipe adapted from
whiskitrealgud.com

*Cost information includes
lower cost ingredients found at
local grocery store 10/5/22.



Cost Per Recipe	Cost Per Serving
\$5.29	\$0.88

HERB	FORM(S)	TASTE	USE
Anise	Small seeds, ground	Sweet with a hint of licorice	Vegetables, fruit, soup Recipe: Roasted Beets in Orange Sauce
Basil Antioxidant	Fresh and dried whole or chopped leaves	Sweet and peppery	Add to olive oil, sauces (e.g. pesto and spaghetti), fruit, soups, pasta, fish, and lean cuts of chicken and beef Recipe: Asian Style Chicken Wraps
Bay Leaves	Fresh and dried leaves	Mild combination of oregano and thyme	Soup, chowder, sauces, and vegetable, chicken, beef, and turkey stock Recipe: Chicken Picadillo
Caraway Seeds Antioxidant	Whole seeds	Strong licorice	Vegetables, rye bread, soup, and a crust coating for pork
Celery Seeds	Whole seeds	Strong celery taste and slightly bitter	Green and vegetable salads, vinaigrettes, soups, fish, and lean cuts of chicken and turkey
Chives Anti-inflammatory	Small green stems	Mild and onion like with a hint of garlic	Vegetables, fish, potatoes, eggs, and soup Recipe: Limas & Spinach
Cilantro Antioxidant, Anti-inflammatory	Small leaves	Strong mix of parsley and citrus	Guacamole, salsa, yogurt dip, beans, fish, and lean cuts of chicken, lamb, and pork Recipe: Bean and Green Herb Stew (pg. 36)
Coriander Antioxidant	Small seeds, ground	Mild blend of lemon and sage	Vegetables, fruit, and lean cuts of chicken, beef, venison and lamb Recipe: Spinach and Yogurt Dip (pg. 9)
Cumin Antioxidant	Whole amber, white, or black seeds, ground	Nutty and slightly bitter	Vegetables, beans, and lean cuts of chicken, lamb, and beef Recipe: Quinoa With Paprika and Cumin
Dill Antioxidant	Whole seeds	Tart	Vegetables, eggs, pickling, fish, lean cuts of chicken, and veal Recipe: Baked Salmon Dijon
Fennel Seed Antioxidant	Whole seeds	Sweet licorice	Green and vegetable salad, fish, soup, couscous, and lean cuts of beef and pork
Marjoram Anti-inflammatory	Fresh and dried whole leaves, ground	Mildly bittersweet	Vegetables, whole grain pasta (e.g. orzo), fish, and lean cuts of chicken and pork
Mint Anti-inflammatory	Fresh leaves, dried flakes	Strong and sweet with a cool after taste	Vegetables, fruit, pasta, eggs, and lean cuts of chicken, chicken, beef, and lamb Recipe: Couscous with Sun-Dried Tomatoes, Feta and Mint (pg.37)
Oregano	Fresh leaves, ground	Minty with a hint of pepper and balsamic	Fresh tomatoes and tomato based sauces, vinaigrette, fish, veal, and lean cuts of chicken, turkey, and lamb Recipe: Fish Veracruzana (pg.29)
Parsley (Flat Italian) Antioxidant	Fresh leaves, dried flakes	Mildly peppery	Vegetables, soup, salsa verde, hummus, green and vegetable salads, fish, and lean cuts of chicken and lamb Recipe: Seared Scallops and Fresh Pea Puree (pg. 30)
Rosemary Antioxidant, Ant-inflammatory	Fresh leaves	Sweet with a hint of pine	Vegetables, whole grain/whole wheat pasta (e.g. orzo, farfalle), fish, and lean cuts of chicken, beef, pork, and lamb Recipe: Herbed Goat Cheese and Sun-Dried Tomatoes Spread (pg. 10)
Sage Anti-inflammatory	Fresh leaves, ground	Strong, peppery, and slightly bitter	Vegetables, sauces, polenta, couscous, fish, and lean cuts of chicken, turkey, and beef and pork Recipe: Pumpkin Barley Pilaf with Mushrooms and Spinach (pg. 29)
Tarragon Antioxidant	Fresh sprigs, ground	Slightly bitter with a hint of licorice	Chicken, fish, and lean cuts of turkey and pork Recipe: Baked Pork Chops in Cherry Sauce
Thyme	Fresh sprigs, ground	A combination of lemon and pepper	Baked fruit, chicken, fish, and lean cuts of beef, pork, and chicken Recipe: Mushroom Penne
Turmeric Antioxidant, Anti-inflammatory	Fresh leaves, ground	Warm and sweet	Vegetables quick cooking barley, and lean cuts of chicken, fish, and lamb

For more information:

- Craig, W. (1999). Health-promoting properties of common herbs. American Journal of Clinical Nutrition. 70:491–499. Retrieved from <http://ajcn.nutrition.org/content/70/3/491s.full.pdf+html>

- Halversen, B., Carlsen, M., Phillips, K., Bohn, S., Holte, K., Jacobs, D., Blomhoff, R. (2006). Content of redox-active compounds (ie, antioxidants) in foods consumed in the United States. American Journal of Clinical Nutrition. 84:95–135. Retrieved from [Science.gov](http://ajcn.nutrition.org/content/84/3/95.full)