

Simple Tuna Cakes



Ingredients:

- 2-6 ounce cans light tuna
- 1 cup whole wheat bread crumbs, divided
- 1 egg, beaten
- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped sweet red pepper
- 1/4 cup reduced-fat mayonnaise
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1 tablespoon canola or olive oil

Instructions:

1. In a large bowl, combine the tuna, 1/3 cup bread crumbs, egg, onions, red pepper, mayonnaise, lemon juice, garlic powder, and cayenne.
2. Divide mixture into eight portions; shape into 2-inch balls.
3. Roll balls in remaining bread crumbs.
4. Flatten to 1/2 inch thickness.
5. In a large nonstick skillet, cook tuna cakes in olive oil for 3-4 minutes on each side or until golden brown.

Makes 4 servings.



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