



## Tuna Patties

### Instructions:

Blend all the ingredients very well by hand and form into 4 patties.

Preheat a non stick frying pan on medium for 3 minutes. Coat the pan with 6 seconds of Pam and add the patties.

Turn over when edges are golden (approximately 3 minutes) and cook for another 3 minutes.

**Unlimited on the lean protein diet**

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**Prep Time:**

8 minutes

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**Cook Time:**

5 minutes

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**Ingredients:**

2 cans of tuna (in water) -  
drained very well

4 egg whites

1 small onion - blended well

2 TBSP. oat bran

salt & pepper to taste

Pam