



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.

2 patties counts as 1 dinner main

Prep Time:

8 minutes

Cook Time:

5 minutes

Ingredients:

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

4 egg whites

1 small onion - blended well

3 TBSP. corn flake crumbs

salt & pepper to taste

Pam