



Tuna Patties

About six servings/ recipe

Ingredients	Directions
1 avocado, medium, peeled and pitted 1 Tbsp pickle juice 2 5oz cans tuna, drained ¼ cup crushed Saltine or Ritz crackers (light wheat or white) 1 egg, large ½ tsp garlic powder ½ tsp onion powder	<ol style="list-style-type: none"> 1. Pre-heat oven 400 degrees F. 2. Mash avocado in a medium-large bowl with pickle juice. 3. Add egg, tuna, salt, onion and garlic powder and mix until combined. 4. Form tuna mixture into six small patties. 5. On a baking sheet covered in aluminum foil, lightly spray with cooking spray. Place patties about two inches apart on pan.
Optional: Melt a slice of cheese on top or serve with low fat mayo.	<ol style="list-style-type: none"> 6. Place tuna patties in the oven for about 10 minutes or until lightly browned and cooked through.

Tips:

At three weeks try this recipe with salmon or even crab.