

# Zucchini Tuna Cakes

SERVING SIZE: 2 Cakes  
SERVINGS: 3  
PREPARATION TIME: 10 minutes  
COOK TIME: 10 minutes

## INGREDIENTS:

- 1/2 cup chopped onion
- 1 small zucchini, shredded or chop finely
- 1 5 ounce can tuna, drained
- 1 egg
- 1/3 cup breadcrumbs
- 1/3 cup fresh parsley or 4 tsp dried
- 1 teaspoon lemon juice
- 1/8 teaspoon black pepper
- 3 Tablespoons vegetable oil

## DIRECTIONS:

1. Chop onion into small pieces.
2. Wash zucchini and shred or chop into small pieces.
3. Combine tuna, zucchini, egg, breadcrumbs, onion, parsley, lemon juice and pepper. Form mixture into 6 patties.
4. Place oil in frying pan. Turn burner to medium heat for 1-2 minutes.
5. Add tuna cakes to hot oil and fry for 5 minutes on each side until light brown.
6. Serve hot.

## Choose, Store and Enjoy Zucchini!

- **CHOOSE** bright, firm, slender zucchinis.
- **STORE** zucchini unwashed in a paper bag in the fridge crisper drawer for up to 1 week.
- **ENJOY** zucchini in breads, salads or slaw. Cut into wedges to add to veggie trays. Steam, roast or grill zucchini, or add peeled cubes to soups and stews.



## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>273</b>
<b>Total fat</b>	17g
Saturated fat	3g
<b>Cholesterol</b>	68mg
<b>Sodium</b>	370mg
<b>Total Carbohydrate</b>	13g
Fiber	2g
Sugar	1g
Includes 0g of Added Sugars	
<b>Protein</b>	16g
<b>Phosphorus</b>	163mg
<b>Potassium</b>	341mg

## EQUIPMENT NEEDED:

- Frying pan
- Knife and cutting board
- Grater (optional)
- Can opener
- Spatula
- Measuring spoons
- Bowl