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.

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.

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org

NUTRITION FACTS:

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<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
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<tbody>
<tr>
<td></td>
<td>273</td>
</tr>
<tr>
<td>Total fat</td>
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<tr>
<td>Saturated fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
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<tr>
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<tr>
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EQUIPMENT NEEDED:
- Frying pan
- Knife and cutting board
- Grater (optional)
- Can opener
- Spatula
- Measuring spoons
- Bowl