

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Included in Box:**

- 1 (5 oz) can tuna, drained
- ½ c. oats, uncooked

**Additional Ingredients Needed:**

- 1 egg, beaten
- ½ small onion (~¼ c.), diced
- 1 T lemon juice
- 1 tsp garlic powder

**Directions:**

1. Combine drained tuna, dry oats, beaten egg, diced onion, lemon juice and garlic powder in bowl. Mix until well combined.
2. Divide dough into 4 equally sized balls. Press down to form patties.
3. Place patties in skillet over medium heat and cook until each side is golden brown (3-4 minutes each side).

**Tip:** Make a simple and tasty low-fat topping for patties by combining ¼ c. plain Greek yogurt, 1 tsp lemon juice, 1 tsp dried parsley and ½ tsp paprika. Add ½ c. chopped celery to patties for extra flavor!



**Nutrition Facts\***

**Total Servings:** 4  
**Serving Size:** 1 patty  
**Calories:** 94  
**Fat:** 2 g  
**Sodium:** 130 mg  
**Carbohydrates:** 8 g  
**Fiber:** 1 g  
**Protein:** 10 g  
**Carbohydrate Servings:** ½

*\*Nutrient facts include canned chunk light tuna in water (drained), dry instant oats, 1 large brown egg, small white onion, fresh lemon juice, and garlic powder.*