

**FSHN 381
NEW Recipe Form**

Project: Grain and Legume Tuna Patty

Date: 11/02/2008

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Recipe Name: Spicy Brown Rice Tuna Patties

Serving Size (g): 148 g

Number of Servings: 1

Serving Size (cup, tsp, etc): 1 patty

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Canned Light Tuna in water	75 g	½ cup
Short-Grain Brown Rice	40 g	¼ cup
Chickpea Flour	20 g	¼ cup
Guar Gum	1 g	½ tsp
Tuna Water (from can)	12 g	1 ½ Tbsp
Seasoning mix (Equal parts:)	1 g	¾ tsp
- Salt		
- Pepper		
- Garlic Powder with parsley		
- Onion Powder		
- Creole Seasoning		

Procedure:

1. Combine all ingredients with a fork until just mixed
2. Shape into a patty and dust both sides with additional chickpea flour
3. Heat vegetable oil on medium heat for frying
4. Cook patty 3-4 minutes per side until golden brown
5. Remove from pan and drain on paper towel
6. Enjoy!

Sensory Evaluation Results:

9 (69%) would purchase; 3 (23%) would not; 1 (8%) undecided

10 (77%) liked flavor; 3 (23%) did not; 10 (77%) liked appearance; 3 (23%) neutral for appearance; 0 (0%) disliked appearance