



TUNA TOFU PATTIES



Number of servings: 8

Ingredients:

- 1 (14-ounce) container tofu
- 2 leaves green onions
- 1 (5-ounce) can tuna in water
- 1 egg
- salt and pepper to taste
- 1 tablespoon oil

Directions:

1. DRAIN tofu, then WRAP tofu in a clean dishcloth and SQUEEZE out water.
2. In a medium bowl, MASH tofu.
3. CHOP green onions to ½ inch lengths.
4. DRAIN tuna.
5. ADD green onion, tuna, egg, salt, and pepper to tofu. MIX well.
6. FORM into 8 patties.
7. In a large frying pan, ADD oil and FRY patties until BROWN.
8. DRAIN on paper towel and SERVE with any sauce.

Variations:

May use canned salmon instead of tuna.
Shredded carrots or garlic may also be used.

Nutrition Facts

Serving Size 1 patty (75 g)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat** 41

% Daily Value*

Total Fat 4.5 g 7 %

Saturated Fat 0.5 g 3 %

Trans Fat 0 g

Cholesterol 30 mg 10 %

Sodium 100 mg 4 %

Total Carbohydrate 1 g 0 %

Dietary Fiber 0 g 0 %

Sugars 0 g

Protein 9 g

Vitamin A 4% ■ Vitamin C 2%

Calcium 8% ■ Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.