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

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 patty (75 g)</td>
<td>80</td>
<td>41</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>4.5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
</tbody>
</table>

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.