Number of servings: 8

Ingredients:
1 (20-ounce) container tofu
2 stalks green onions
1 (5-ounce) can tuna in water
1 egg
salt and pepper to taste
1 tablespoon oil

Directions:
1. 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 mixture. 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>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup (100g)</td>
<td>200</td>
<td>50</td>
<td>12 %</td>
</tr>
</tbody>
</table>

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

Always practice safe food handling techniques. Refer to pages 98-101.