Sophie’s Tuna Patties

From the kitchen of Sophie Castillo, San Antonio
Preparation time: 15-20 minutes
Number of servings: 4

**Ingredients:**
- 1 teaspoon baking powder
- 4 tablespoons flour
- 2 cans (6.5 oz) tuna, packed in water, drained
- 4 egg whites or egg substitute (equivalent to 2 eggs)
- 4 teaspoon vegetable oil or non-stick cooking spray
- Salt to taste

**Preparation:**
1. In a bowl, mix all ingredients (except oil) together. Form 4 small patties.
2. Brown each patty in 1 teaspoon of vegetable oil, turning once.

**Nutrition information per serving:**
- FAT: 30-35% of calories from fat (low-med)
- FIBER: less than 1 gram (low)
- CALORIES: 115

**TIP**
*Use only a small amount of vegetable oil when browning foods. The fat in most recipes can be reduced by half.*