

## 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.*