Dinner Tonight!

Tuna Cakes

2 cans (6 ounces each) light tuna in water, drained, flaked
1 package (6 ounces) stuffing mix for chicken
1 cup 2% milk shredded mild cheddar cheese
1 cup water
1 carrot, shredded
1/3 cup reduced fat mayonnaise
2 Tablespoons sweet pickle relish

Mix all ingredients. Refrigerate for 10 minutes. Heat a large nonstick skillet sprayed with cooking spray on medium heat. Use ice-cream scoop to add 1/3 cup portions of tuna mixture, in batches, to skillet. Flatten into patties with back of spatula. Cook 6 minutes or until golden brown on both sides, carefully turning patties over after 3 minutes.

Preparation Time: 10 minutes
Cook Time: 26 minutes
Serves: 6
Cost per serving: $.98

Nutrition facts per serving
Calories: 260
Total Fat: 9 g
Cholesterol: 35 mg
Sodium: 510 mg
Total Carbohydrate: 24 g
Fiber: 3 g
Protein: 19 g

Serve with: corn, side salad