Dinner Tonight!

Tuna Potato Cakes

2 Tablespoons of vegetable oil or non-stick cooking spray
1 cup prepared mashed potatoes with garlic
1 – 12 ounce can tuna in water, drained
½ cup seasoned fine dry bread crumbs
⅓ cup finely chopped celery
¼ teaspoon ground black pepper
½ cup onion, chopped (optional)
½ cup bell pepper, chopped (optional)

Wash and prepare vegetables as listed above. Drizzle vegetable oil in skillet or spray skillet with non-stick cooking spray. In a large mixing bowl, combine potatoes, tuna, bread crumbs, celery, pepper, onion and bell pepper. Fill a ⅓ cup measuring cup with the tuna mixture and gently place on skillet. Repeat to make 6 patties. With spatula, flatten each ⅓ cup portion into ½ inch thick patties. Cook patties for 3 minutes on each side or until brown. Remove patties from skillet and place on a clean paper towel to drain. Serve immediately.

Preparation Time: 15 minutes
Cook Time: 6-12 minutes
Serves: 6 (1 patty each)
Cost Per Serving: $0.27

Nutrition facts per serving
Calories: 160
Total Fat: 6 g
   Saturated Fat: 0.5 g
   Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 400 mg
Total Carbohydrate: 11 g
Fiber: 1 g
Protein: 16 g

Serving Suggestion: Try serving this as a sandwich. Choose 100% whole wheat bread and top with fresh lettuce and a slice of tomato. Add a side of fresh, seasonal fruit.