

Dilled Albacore Cakes

Chunk white tuna is also called albacore tuna and has the mildest flavor of all types of tuna. Be sure the canned tuna you buy is the low-salt version that's packed in water, not oil.

Serves 6. Preparation time: 15 minutes. Cooking time: 15 minutes

- | | |
|--|--|
| <ul style="list-style-type: none"> ▪ Canola oil spray ▪ 2, 6 1/8 ounce cans water packed low-salt chunk white tuna, drained ▪ Egg substitute equivalent to 2 eggs ▪ 1/4 cup plain dry bread crumbs or cornflake crumbs ▪ 1/4 cup grated or shredded Parmesan cheese | <ul style="list-style-type: none"> ▪ 2 green onions, sliced ▪ 1 tablespoon snipped fresh dill or 1/2 teaspoon dried dill weed ▪ 1/2 teaspoon coarsely cracked black pepper ▪ 1/3 cup fat-free, cholesterol-free mayonnaise ▪ Fresh dill sprigs (optional) |
|--|--|

Preheat oven to 400 degrees. Spray a shallow baking pan with cooking oil. In medium bowl, combine tuna, egg substitute, bread crumbs, Parmesan cheese, green onions, dill and pepper. Stir until well combined. Using your hands, shape tuna mixture into 6 patties. Place patties in a single layer in prepared baking pan. Bake, uncovered, about 15 minutes or until lightly golden brown. Top each patty with a dollop of mayonnaise. If desired, garnish with fresh dill.

Nutritional breakdown (per serving):

Calories: 125	Fat: 1 g Sat Fat: 1 g	Carbohydrates: 7 g	Cholesterol: 13 mg	Protein: 20 g	Sodium: 414 mg
------------------	--------------------------	-----------------------	-----------------------	---------------	-------------------

Taken from "American Heart Association" Quick & Easy Cookbook, pg. 107

