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Tuna Cakes



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional Analysis Per serving:
322 calories; 27 g protein; 17 g fat;
15 g carbohydrates; 67 mg
calcium; 676 mg sodium; 160 mg
cholesterol.

12 ounces drained, canned Food Club tuna, flaked
24 saltines, made into crumbs
2 egg, beaten
½ c. skim milk
2 Tablespoon ValuTime minced onion
2 teaspoon chopped fresh parsley
½ teaspoon Food Club Worcestershire sauce
Dash pepper
2 teaspoon Land 'O Lakes light butter

DIRECTIONS:

In medium bowl combine all ingredients except margarine and shape into 12 equal patties. In 10" nonstick skillet heat margarine until bubbly and hot; add patties and cook over medium heat, turning once, until browned on both sides.

Source: Weight Watchers

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- Parsley

MEAT/POULTRY/SEAFOOD:

- 1 – 12 oz can Food Club tuna
- 2 eggs

WHOLE GRAINS/ BREADS/ PASTA:

- Saltine crackers

SPICES/SEASONINGS:

- ValuTime minced onion
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club Worcestershire sauce

DAIRY:

- Fat free milk
- 2 teaspoon Land 'O Lakes Light Butter