

Tuna Burgers

INGREDIENTS:

- 1 (12 oz) can tuna in water
- 1¼ cups bread crumbs
- 1 cup shredded cheddar cheese
- 1 egg, lightly beaten
- ½ cup nonfat ranch dressing
- ¼ cup finely chopped onion

DIRECTIONS:

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine tuna, ½ cup bread crumbs, cheese, egg, salad dressing and onion.
3. Form six patties; coat each side with remaining ½ cup bread crumbs.
4. Spray non-stick skillet with cooking spray, heat to medium heat.
5. Cook patties 3-5 minutes on each side until golden brown.
6. Serve on a whole-wheat bun with a tossed salad, oven fries and low-fat milk or water.

Nutrition Info

Serving Size: 1 patty

Amount Per Serving

Calories: 280

Total Fat: 9g

Total Carbs: 24g

Protein: 23g



How can you participate?

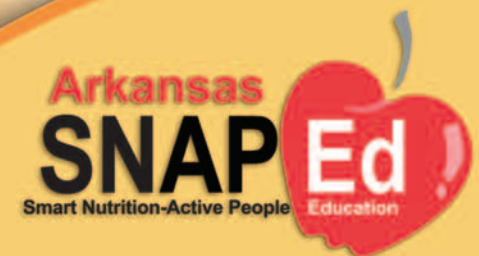
For more recipes and for more information on Smart Nutrition-Active People Education and how it can benefit you, please contact your local county Cooperative Extension office.



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What **SNAP-Ed** Can Do for You and Your Family





Who is eligible?

You can participate in SNAP-Ed if:

- You are eligible for the Supplemental Nutrition Assistance Program (food stamps, EBT), WIC or the Senior Farmers' Market Program
- You are receiving USDA commodity foods
- You have children who receive free or reduced-price school lunches

What's in it for you?

SNAP-Ed is a nutrition education program that can help you:

- Fix healthy, low-cost meals and snacks for you and your family
- Feel better and have more energy
- Get the most for your food dollar
- Develop spending and savings plans to make food last throughout the month
- Become more physically active
- Handle and store food so that it will not spoil and will last longer

How can you learn with SNAP-Ed?

SNAP-Ed encourages healthy choices and active lifestyles through:

- Hands-on activities
- Cooking demonstrations
- Small group discussions
- Educational displays
- Handouts and newsletters

