

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Tuna and Rice Patties *(Makes 6 servings.)*

### Ingredients

- 1 (12- oz.) can tuna in water
- 1 (1-oz) package powdered ranch salad dressing mix – look for the lowest sodium option)
- ¼ c. minced onion
- 2 eggs, lightly beaten
- 1 c. cooked rice

### Directions:

1. Drain tuna, separate into flakes using a fork.
  2. In a medium bowl, mix all ingredients together. Form six patties.
  3. Spray a non-stick skillet with cooking spray. Heat pan over medium heat.
  4. Cook patties for 4-6 minutes per side until golden brown.
- TIP: Try with canned salmon or chicken. You can also make these with brown rice for added fiber.

Nutrition info: Serving size: 1 patty, Calories 268, Fat 2g, Protein 18g, Fiber 0.5g, Sodium 530mg, Carbohydrate 25g.

Recipe developed by UAEX SNAP-Ed.

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