Crunchy Tuna Patties

SERVINGS: 2

INGREDIENTS

1 (3 ounce) can of tuna in water
1 egg white
4 Wheat Thins crackers, crushed
1 tablespoon grated carrot
1-2 tablespoons chopped water chestnuts
1 teaspoon minced onion, if tolerated
Salt and pepper to taste

DIRECTIONS

Mix all ingredients together. Spray medium skillet with nonstick cooking spray.
Cook patties until golden brown.

NUTRITIONAL ANALYSIS PER SERVING

Calories: 80 calories
Fat: 1 gram
Protein: 12 grams
Carbohydrate: 4 grams
Cholesterol: 22 grams
Sodium: 240 milligrams
Sugar: 0 grams