

# Tuna Patties

## Ingredients:

- Tuna, 1 can, drained
- Olive oil, 1 tablespoon
- Green onion, 2, finely chopped
- Celery, 1 stalk, finely chopped
- Dijon or regular mustard, 2 teaspoons
- Eggs, 2 large, beaten
- Lemon juice, 1 teaspoon
- Salt, ½ teaspoon
- Pepper, ¼ teaspoon
- Panko bread crumbs, ¾ cup (or crushed cereal, oatmeal, stale bread, left-over rice, etc.)

## Method:

- Mix together tuna, onions, celery, mustard, eggs, lemon juice, salt, pepper and ½ cup of the bread crumbs in a medium-sized bowl.
- Divide into 6 to 8 patties and set aside to rest for 15 minutes.
- Place remaining ¼ cup bread crumbs into a pie plate. One at a time, coat each patty with the crumbs.
- Heat the olive oil in a sauté pan over medium heat until shimmering.
- Add the patties and cook 3 to 4 minutes on each side until golden brown.
- Remove to a plate lined with a paper towel and allow to cool for 2 to 3 minutes before serving.

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