

Healthy Recipe of the Week
Use organic ingredients whenever possible.

Savory Tuna Burgers

Originally from "Quick Fix Meals" by Robin Miller

These burgers are also good without the bun, or try them open-
faced
on a whole wheat (or spelt) English Muffin.

Serves 4

Three 6-ounce cans light tuna in water, drained (Look for
Wild Caught tuna)

1/3 cup real mayonnaise
3 tablespoons whole wheat bread crumbs
2 tablespoons chopped fresh parsley
1 teaspoon Dijon mustard
1 teaspoon hot sauce
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon olive oil
4 whole wheat hamburger buns
1 beefsteak tomato, sliced
¼ cup thinly sliced sweet pickles

In a large bowl, combine the tuna, mayonnaise, bread
crumbs, parsley, mustard, hot sauce, salt, and pepper. Mix
well and shape the mixture into four equal patties, each
about 1 inch thick. Heat the oil in a large skillet over
medium heat. Cook the burgers until golden brown and
heated through, 3 to 5 minutes per side. Serve the burgers
on buns with sliced tomato and pickles.