



Tuna & Cheese Melt - makes 2 patties

Recipes from www.naturalhealthyconcepts.com

6 oz can tuna in water
1 egg white beaten
2 tbsp oatmeal
2 tsp finely chopped onion
¼ tsp garlic powder
2 tsp mozzarella
Sea salt & pepper
1 tbsp olive oil

Combine all ingredients except mozzarella in a bowl. Heat the olive oil in a fry pan over medium heat. Make 2 patties with the mixture. Cook one side until brown, then flip and when the other side is nearly done, sprinkle the cheese on it. You can place under the broiler for a minute to melt the cheese further if you wish. Serve with a good mixed greens salad for a high-protein, low-carb lunch.

Per pattie: Calories 191, Protein 24g, Carbs 4g, Fat 8g, Sat Fat 1.5g, Sodium 319mg, Chol 26g, Fiber .6g

Beneficial Nutrients: B2 .15mg, B3 11mg, B5 .27mg, B6 .3mg, B12 2.5mcg, Calcium 30mg, Iron 1.5mg, Magnesium 32.5mg, Potassium 245mg, Selenium 71mcg