



STRONG Heart Program Recipe-of-the-Month

Tuna Patties with Dill Sauce

Recipe featured in Taste of Home's "Light and Tasty"

Ingredients compliments of Wegmans and Lori's Natural Food Store

Ingredients:

2 large parsnips, peeled and cut into 1/2 inch slices
2 egg whites, lightly beaten
1/2 cup soft bread crumbs (about 1 slice)
1/4 cup finely chopped green onions
1 tablespoon dried parsley flakes

2 teaspoons lemon juice
1/2 teaspoon grated lemon peel
1/2 teaspoon dill weed
1/4 teaspoon pepper
2 cans (6 oz each) low sodium, water-packed tuna, drained and flaked
2 teaspoons olive or canola oil

Dill Sauce:

1/2 cup fat-free mayonnaise
1 teaspoon lemon juice
1 teaspoon grated lemon peel
1/2 teaspoon dill weed

Directions:

1. Place parsnips in a sauce pan and cover with water; bring to a boil. Reduce heat, cover and simmer for 30-35 minutes or until tender. Drain well.
2. Place parsnips in a food processor or blender, cover and process until smooth.
3. In a bowl, combine 1 cup pureed parsnips, egg whites, bread crumbs, onions, parsley, lemon juice and peel, dill and pepper. Add tuna or salmon and mix well.
4. Shape into 1/2 inch-thick patties (patties will be soft).
5. In a large non-stick skillet, heat oil over medium heat. Cook patties for 5-6 minutes on each side or until lightly browned.
6. Combine the sauce ingredients in a small bowl; serve with patties.

Servings: 4 **Serving Size:** 2 patties with 2 tablespoons sauce

Nutrition Information: Calories 211; Fat 3g (trace sat fat); Cholesterol 53 mg; Sodium 322mg; Carbohydrate 16g; Fiber 2g; Protein 26g.

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