



capitahealth
Metabolic & Weight Loss Center



Tuna Cakes

(Stage 3 Diet-Soft Foods)

Preparation Time: 5 Minutes Serving Total Time: 10 Minutes

Size: 2 Servings Calories: 102 for 1 patty, 5 g Fat, 18 g Protein, 0 g Carbs

Ingredients:

- 1 Cans (5 oz each) Light Tuna in Water, well drained
- 1/2 Tbsp light Mayonnaise or fat-free greek yogurt AND 1 tsp yellow or spicy brown mustard
- 1 Egg white
- 2 Tbsp Parmesan Cheese
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Thyme, dried

Add 2 Tbsp, Unflavored, Whey Protein to recipes if you are having trouble meeting your protein needs

Directions:

1. Mix all ingredients together well. Form into 4 patties.
2. Cook in pan sprayed with nonstick spray over medium heat until lightly browned on edges.