

Meal Maker Kit Shopping List

- 1 container Italian-seasoned breadcrumbs
- 1 container grated Parmesan cheese
- 3 cans tuna (5 ounces each)
- 1 bottle vegetable oil

Optional

- black pepper
- May add - canned fruit, dessert item, or drink mix to provide a complete meal.



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Additional Information

- Place all items in a bag and attach the recipe below to the bag.
- The Care Service will provide perishable items needed for the recipe.
- Meal Maker Kits may be dropped off Monday - Friday, 8:30 am - 4:30 pm at The Care Service (4116 McClay Rd) or in the gathering space at Sts. Joachim & Ann Church.

Easy Tuna Patty Dinner

Ingredients :

- 2 eggs
- 2 teaspoons lemon juice
- 10 tablespoons Italian-seasoned breadcrumbs
- 3 tablespoons grated Parmesan cheese
- 3 cans tuna, drained (5 ounces each)
- 3 tablespoons diced onion
- 1 pinch ground black pepper
- 3 tablespoons vegetable oil

Directions:

Beat eggs and lemon juice in a bowl; stir in breadcrumbs and Parmesan cheese to make a paste. Fold in tuna and onion until well combined; season with black pepper.

Use your hands to shape tuna mixture into 8 (1-inch-thick) patties.

Heat vegetable oil in a skillet over medium heat. Fry patties in the hot oil until golden brown, about 5 minutes per side.

Nutrition Facts:

1 serving: 325 calories, 16g fat, 14g carbohydrate, 31g protein.

Notes :



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