

Zesty Tuna Burgers

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 1 burger

Ingredients

¼ medium bell pepper, finely diced (about ¼ cup)
¼ small onion, finely diced (about ¼ cup)
1 celery stalk, finely diced (about ¼ cup)
2 tablespoons extra-virgin olive oil, divided
2 (5- to 6-ounce) cans tuna packed in water
1 cup panko breadcrumbs
2 eggs
2 teaspoons Dijon mustard
1 teaspoon lemon zest
1 tablespoon lemon juice
2 teaspoons dried dill or parsley (optional)
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon ground black pepper
Pinch cayenne
Desired toppings (e.g. lettuce, onion, tomato)
Desired serving vessel (e.g. bun, leafy greens)

Directions

1. Heat a large nonstick skillet over medium heat.
2. Add ½ tablespoon of the oil and heat until shimmering.
3. Add the bell pepper, onion, and celery. Sauté until softened, about 2-4 minutes, then transfer to a medium mixing bowl.
4. Open and drain the cans of tuna.
5. To the bowl with the cooked vegetables, add the tuna, panko, eggs, mustard, lemon zest, lemon juice, dill or parsley (if using), onion powder, garlic powder, black pepper, and cayenne.
6. Stir, breaking up any larger pieces of tuna, until the mixture is uniform and holds together.
7. Form the tuna mixture into four burgers, about ⅓ cup each and about 3 to 4 inches wide.
8. (Optional) Place the burgers in freezer for 5-10 minutes to help them hold together better.
9. Heat the remaining 1½ tablespoons oil the now-empty skillet over medium heat.
10. Add the burgers to the skillet and cook until heated through and golden-brown, about 3-4 minutes per side.
11. Serve warm with your desired toppings, on its own or on a bun, sandwich thin, or bed of leafy greens.

Recipe Notes

- Try substituting canned salmon or chicken for the canned tuna.
- To lower the sodium content, look for a reduced-sodium canned tuna product.

**Nutrition Facts Per Serving: Calories: 400 | Total Fat: 25 g | Saturated Fat: 4 g
Sodium: 540 mg | Total Carbohydrate: 22.5 g | Dietary Fiber: 2 g | Protein: 22 g**

Inspired by a recipe submitted by Dana Herring, MS, RDN
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