Zesty Tuna Burgers

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

Yield: 4 servings | Serving Size: 1 burger patty without toppings or serving vessel

Ingredients

2 tablespoons olive oil, divided

¼ medium bell pepper, finely diced (about ¼ cup)

¼ medium onion, finely diced (about ¼ cup)

1 celery stalk, finely diced (about ¼ cup)

2 (5-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)

1 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. Form the tuna mixture into four burgers, about ⅓ cup each and about 3-4 inches wide.

7. (Optional) Place the burgers in freezer for 5-10 minutes to help them hold together better during cooking.

8. Heat the remaining 1½ tablespoons of oil in the now-empty skillet over medium heat.

9. Add the burgers to the skillet and cook until heated through and golden-brown, about 3-4 minutes per side.

10. Serve warm, with your desired toppings and serving vessel.