



The Buff Dudes' Tuna Burgers

Ingredients

Tuna, packed in water 4 12-oz. cans
Whole-wheat bread crumbs 1 cup
Light mayonnaise 4 tbsp (preferably omega-3 infused)
Sunflower seeds 1/4 cup
Chopped onions and garlic powder to taste

Directions

1. Empty tuna fish into a mixing bowl. Add the remaining ingredients and mix until blended.
2. Heat a nonstick skillet to medium heat. While the skillet is warming, form ingredients into patties.
3. Place patties on the skillet and cook until browned and crispy, about 5 minutes per side.
4. Eat as-is or garnish like a burger. Enjoy!