



Tuna Burgers

Ingredients

1 can tuna
1 egg white
1/4 cup rolled oats
1/8 cup chopped onion
1/8-1/4 cup mayonnaise
Garlic and onion powder

Directions

1. Combine the tuna, oats, and whisked egg whites together.
2. Stir in onion, mayo, garlic and onion powder and then form into patties.
3. Place the patties on a skillet and flip at half time as you would with a regular hamburger.