

Tuna Patties

1 box Stove Top Stuffing, any flavor (Savory Herb is great)

2 (6-oz) cans of Tuna in water, drained and flaked

1 c. 2% Reduced Fat cheddar cheese

1/3 c. reduced calorie mayo

1/2 c. Vegetables of your choice (good choice is 1/4 c. onion and 1/4 c. shredded carrots or zucchini)

3/4 c. water

Mix together dry stuffing mix, tuna, cheese, mayo, veggies and water. Refrigerate for 10 minutes to allow the mixture to firm up. Heat large non-stick skillet over medium heat and spray with cooking spray. Take 1/3 c. of mixture and form into a small patty. Cook patties in batches of 4 or 5 for 4-5 minutes on each side.

Serve alone, or atop a small hamburger bun or on a toasted English muffin.

Makes 12 patties at 2 points each