

Tuna Melt

3 oz tuna, packed in water, drained
¼ cup egg substitute
2 crackers crumbled
1 oz of shredded cheese (Mozzarella or Colby)
1 Tbsp. Miracle Whip Free®
dash of lemon pepper
dash of garlic powder
dash of lemon juice

Mix all ingredients together. Make into two small patties. Spray a non-stick frying pan with non-stick cooking spray. Cook patties for a couple of minutes on medium heat until it reaches the desired firmness. Flip patties and repeat. Makes 2 servings.

Nutrition information per serving: 137 calories, 17 grams protein, 5 grams fat, 4 grams carbohydrate, 404 mg sodium.