

Potato Tuna Patties

The goodness of Tuna in combination with mashed potato, corn, lemon and spring onion seems to be a winner not only for kids but adults as well. It also makes a great dish for lunch box.

Cook Time: 25 minutes

Serves: 4-5

Meal: Appetizer



Ingredients:

- 10 oz (300 g) potatoes, boiled with their skin on and chilled
- 1 can (7 oz- 185g) tuna in oil, drained, flaked
- 1/2 cup corn kernels
- 2 spring onions, chopped
- lemon zest from 1 lemon
- 1 egg, beaten
- 2 tbsp olive oil
- 1/2 cup breadcrumbs, for patties
- Salt and ground black pepper, to taste
- 1/2 cup breadcrumbs, for coating

Method:

1. Mash the potatoes using a potato masher.
2. Add the tuna flakes and mix with a fork.
3. Add corn kernels, chopped spring onions, egg and breadcrumbs.
4. Finally add lemon zest and season with salt and pepper. Stir well to combine.
5. Divide mixture into 12 portions. Shape them into patties. Place breadcrumbs on a plate and add the patties to coat.
6. Heat oil over medium high heat in a nonstick pan. Cook patties for about 3 minutes on each side until golden brown. Transfer the patties to a plate lined with paper towel to remove excess oil. Clean the pan with a paper towel and repeat until all patties are done.
7. Serve with your favorite salad, and sauce.

Health Benefits of Tuna:

- Tuna's high protein content helps keep body muscles strong. It is also good for the blood, skin, hair and nails.
- Tuna can help you avoid the risk of having a stroke and improves body immune system.
- Tuna has omega-3 fatty acid, which helps prevent high blood pressure. Omega-3 fatty acids also protect your heart from developing abnormal heart rhythms that can be fatal. Omega-3 fatty acid found in tuna is its ability to reduce the risk of obesity while improving the body's insulin response.
- A moderate and healthy consumption of tuna can lower the risk of coronary heart disease.
- The B vitamins present in tuna help to build and maintain red blood cells and increase energy.
- Tuna helps in reducing the risk of kidney & breast cancer.

* One thing to keep in mind when eating tuna, is a high sodium intake. A 3^{1/2} ounce serving of tuna contains 37 milligrams of sodium. High sodium intake can negate the health benefits of tuna by causing high blood pressure, stroke, kidney problems and heart disease. Keep this in mind when seasoning your tuna to avoid an excess of sodium intake.