

Gluten-Free Tuna Burgers

Ingredients:

3 (5 oz) cans tuna (in water)
1 egg
1 tsp. onion powder
1 tsp. salt
1 T. lime juice
1/2 c. gluten-free bread crumbs
2 to 4 T. olive oil

Directions:

Mix the tuna, egg, onion powder, salt, and lime juice until well blended. Add the bread crumbs mixing with your hands until they are incorporated into the tuna mixture. Form into 8 patties.

Heat olive oil over medium heat in a medium-sized skillet. Once the oil is hot, fry the patties until each is golden brown on both sides.

Yields 8