

Tuna Patty Cakes Recipe

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Makes 4 servings

PER SERVING:

305 Calories

2.1g Carbs

0.38g Fiber

1.72g Net Carbs

26.36g Protein

20.83g Fat

(61% Fat, 2.6% Carbs, 36.4% Protein)

INGREDIENTS

2 small tins of tuna in water, well drained

1 green onion, finely chopped

1 large celery stalk, finely chopped

1/4 finely chopped green bell pepper

2 large eggs, beaten

2 tbsp mayonnaise

1 cup shredded cheddar

1/4 tsp cayenne pepper

salt and pepper to taste

1 tbsp butter

DIRECTIONS

Mix all of the ingredients together, except for the butter.

Have on hand a 1-cup dry measure. For each patty, fill the measure half way up with the tuna mixture and pat down to form a cake. Then turn out onto a wax paper lined platter. Makes a perfectly sized fish patty! Repeat for the other 3. Refrigerate for at least an hour to firm them up.

In a large non-stick pan, heat up the butter until it begins to froth. Using a spatula, carefully transfer the patties into the pan.

Fry over medium heat for 10 minutes each side.

Serve with homemade tartar sauce.

HOMEMADE TARTAR SAUCE

Mix 2 tbsp mayonnaise with 2 tsp sugar free green relish.

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