

# ALL-STAR derby in the kitchen RECIPE

## *Tuna Burgers*

**Recipe Focus:** High protein cooking, & healthy fats

**You Need:** knife, cutting board, can opener, whisk or electric mixer, frying pan, dance moves.

**Suggested Warmup:** neck rolls, shoulder shrugs, sparkle fingers, light dancing.

### **Ingredients:**

- ¼ c flax meal (made from grinding up flax seed)
- 4 scallions
- 2 omega-3 eggs, beaten
- 1 tsp soy sauce
- 2 cloves garlic, chopped
- salt & pepper to taste
- 3 cans tuna
- drizzle of EVOO for frying

### **Instruction:**

Mix all the ingredients up to the tuna together in a bowl. Add the tuna, stir together well, and form into 3-5 patties. Mine made 4.

Heat a little EVOO in a pan over medium heat, pop the patties in, and flip after about 3 minutes or when brown on the bottom. Keep frying for another 3 minutes or so, until heated through and brown on both sides. Serve on a lettuce leaf (or spinach).

### **Stats:**

4 servings.

6 minutes prep, 6 minutes cooking

Nutritional Info (per serving): 475 cal (approx), 63 g protein, 14 g carbs, 7 g fiber, 18 g fat

Original post located at: <http://rollerderbyathletics.com/tuna-burger-as-extras/>

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