



Sweet Tuna Fritters

5 oz. canned light tuna in water, drained	3 Tbsp. green onions, chopped
1 egg	2 tsp. chili powder
2/3 cup rolled quick oats	1 tsp. Italian seasoning
2 Tbsp. barbeque sauce	1 tsp. garlic powder
	2 Tbsp. olive oil

Directions

1. In a small bowl, beat egg and combine tuna, oats, bbq sauce, onions, chili powder, Italian seasoning, and garlic powder.
2. Over medium heat, coat pan in 2 tbs. olive oil. Scoop one tablespoon of batter into pan; flip every 3 minutes until a golden brown. **YIELD: 10 fritters**

Nutrition Facts (per serving): 80 calories, 4 g. fat, .5 g. saturated fat, 30 mg. cholesterol, 125 mg. sodium, 6 g. carbs, 1 g. dietary fiber, 5 g. protein