

Tuna Croquettes

Courtesy of Carole's Creations

Prep Time: 20 minutes

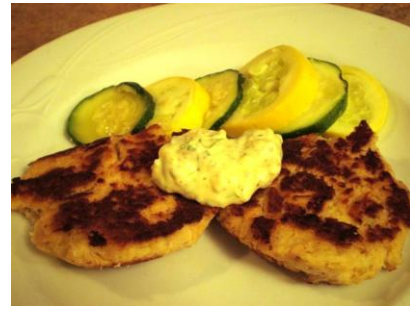
Cooking Time: 8 – 10 minutes

Makes: 6 – 3 inch diameter patties

CChints: Tuna lovers will really like these. They are made with Solid White Albacore packed in water which has a great flavor that isn't fishy like some canned tunas can be.

A 3 ounce serving of canned tuna contains 70 calories, 1g fat, 16g protein, 25mg cholesterol. Dijonnaise is not as strong as Dijon mustard, but if you like it strong, use Dijon. Panko bread crumbs are Japanese bread crumbs that are more texture than regular bread crumbs. You will find many uses for them and they are in several recipes on this website.

You will see some of the same items are needed for the croquettes and the sauce. Chop and squeeze one time but divide your measurements accordingly.



Croquettes:

1/4 cup reduced fat mayonnaise
1 tablespoon fresh lemon juice
1-1/2 teaspoons Dijonnaise
1/4 cup finely cut green onions
2 tablespoons minced red bell pepper
3 – 4.5 ounce cans Solid White Albacore Tuna,
well drained.
1/2 teaspoon salt
1 large egg, beaten lightly
1/2 cup panko bread crumbs
1 tablespoon unsalted butter

Sauce:

1/2 cup reduced fat mayonnaise
2 teaspoons fresh lemon juice
2 teaspoons Dijonnaise
2 Tablespoons chopped fresh cilantro
2 glove minced garlic, fresh or jarred
1-1/2 Tablespoons capers, drained, minced
2 Tablespoon minced sweet onion
1/2 teaspoon salt

Starting with the croquettes, combine in a large mixing bowl, the mayonnaise through Panko bread crumbs. Stir as you add each item so everything gets evenly distributed. Remember to beat the egg before adding it. Give everything a final stir. Lay a large piece of waxed paper on your counter top and shape the tuna mixture into 3 inch round by 1/2 inch tall patties. You should get 6 - 7 patties.

For the sauce, combine everything on the list in a mixing bowl, stir and set aside so the flavors have time to blend together.

Heat the butter in a large skillet over medium heat. When the butter has melted, add the patties and cook for 5 minutes on the first side and carefully flip them over for 3-4 minutes. Transfer to a serving platter and serve with the sauce.

Caroleicious!