

# Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh celery, minced	4 oz	1 cup	8 oz	2 cups	<ol style="list-style-type: none"> <li>In a pan, sauté celery, carrots, and onions in vegetable oil for 5 minutes until tender. Stir in salt, pepper, oregano, and lemon juice. Set aside to cool slightly.</li> <li>Mix cooled vegetables with tuna. Reserve for step 5.</li> <li>In a bowl, beat eggs with a wire whip until foamy.</li> <li>Fold salad dressing or mayonnaise into eggs.</li> <li>Combine tuna and egg mixtures. Add bread crumbs. Mix until thoroughly blended. Cover and refrigerate 20 minutes.</li> <li>Using a No. 16 scoop (¼ cup), portion fish mixture and shape into cakes. Roll cakes in crumbs and place 12 or 13 patties onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Spray tops of cakes with pan release spray to aid in the browning process.</li> </ol>
*Fresh carrots, shredded	4 oz	1 ¼ cups	8 oz	2 ½ cups	
*Fresh onions, chopped OR	2 oz	⅓ cup OR	4 oz	⅔ cup OR	
Dehydrated onions		3 Tbsp		¼ cup 2 Tbsp	
Vegetable oil		2 Tbsp		¼ cup	
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Lemon juice		2 Tbsp		¼ cup	
Canned tuna, water packed, drained	1 lb 15 ½ oz	3 cans (12 oz each)	3 lb 15 oz	6 cans (12 oz each)	
Frozen whole eggs, thawed OR	8 oz	¾ cup 3 Tbsp OR	1 lb	1 ¾ cups 2 Tbsp OR	
Fresh large eggs		5 each		9 each	
Reduced calorie salad dressing OR	12 oz	1 ½ cups OR	1 lb 8 oz	3 cups OR	
Lowfat mayonnaise	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Enriched dry bread crumbs	6 oz	1 cup 2 Tbsp	12 oz	2 ¼ cups	
Enriched dry bread crumbs	8 oz	1 ½ cups	1 lb	3 cups	

# Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

7. Bake until golden brown:  
 Conventional oven: 375° F for 18 minutes  
 Convection oven: 350° F for 12 minutes
- CCP: Heat to 160° F or higher.
8. CCP: Hold for hot service at 140° F or warmer.
- Portion is 1 patty.

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Carrots	5 oz	10 oz
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 patty provides the equivalent of 1½ oz of cooked lean meat and the equivalent of ½ slice bread.	<b>25 Servings:</b> 3 lb 4 oz	<b>25 Servings:</b> 1 quart 2 ¼ cups raw fish mixture 25 patties
	<b>50 Servings:</b> 6 lb 8 oz	<b>50 Servings:</b> 3 quarts ½ cup raw fish mixture 50 patties
Tested 2004		

Special Tip:  
 This may also be served in a sandwich with lettuce, tomato, and tartar sauce.

## Nutrients Per Serving

<b>Calories</b>	167	<b>Saturated Fat</b>	1.13 g	<b>Iron</b>	1.82 mg
<b>Protein</b>	12.45 g	<b>Cholesterol</b>	55 mg	<b>Calcium</b>	50 mg
<b>Carbohydrate</b>	15.52 g	<b>Vitamin A</b>	825 IU	<b>Sodium</b>	535 mg
<b>Total Fat</b>	5.76 g	<b>Vitamin C</b>	0.8 mg	<b>Dietary Fiber</b>	0.8 g