

Old Bay Tuna Patties with Parsley

Servings: 4

4 pouches (10 oz. total) tuna in water, white or light tuna
1 large egg
1 tablespoon Old Bay seasoning
1 teaspoon Dijon mustard
½ cup diced white bread, about 2 slices
2 tablespoons chopped fresh parsley
¼ teaspoon ground black pepper
1 tablespoon olive oil

In a large bowl, combine all ingredients but the oil and mix well. Shape the mixture into 4 equal patties, each about 1-inch thick (shape into a ball first, and then press down into a patty).

Transfer to a plate and refrigerate for 1 hour (this helps keep the patties from falling apart; if you are in a hurry, you can skip this step).

Heat the oil in a large skillet over medium-high heat. Add the tuna patties and cook until browned on both sides, about 3 minutes per side.