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# Tuna Croquettes

**Prep Time:** 30 minutes **Cook Time:** 6 minutes **Yield:** 12 croquettes

## INGREDIENTS:

2 (5-ounce) cans albacore tuna, drained well and shredded by hand  
3 green onions, chopped fine  
1 tablespoon Dijon mustard  
2 tablespoons light mayonnaise  
2 large eggs plus 2 egg whites, beaten  
2 teaspoons freshly squeezed lemon juice  
1 teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon freshly ground black pepper  
½ cup panko bread crumbs, divided  
Olive oil spray



## DIRECTIONS:

1. Place the tuna, onions, mustard, mayo, eggs, lemon juice, garlic powder, salt, pepper and ¼ cup of the bread crumbs into a medium mixing bowl and stir to combine (do not over-stir).
2. Divide the mixture into 12 rounds (a 1-inch cookie scoop works well for this) and set aside on a parchment lined pan. Allow to rest for at least 15 minutes (this is important!).
3. Place the remaining bread crumbs in a pie plate. One at a time, coat each round in the panko.
4. Spray enough olive oil to cover the bottom of a saute pan on medium heat, allow oil to warm.
5. Add the croquettes and cook 3 minutes on each side or until golden brown. Remove to a cooling rack lined with paper towels. Allow to cool for 2 to 3 minutes before serving.



## NUTRITION INFORMATION:

Serving Size: 1 croquette

Amount Per Serving: Calories 66, Protein 8g, Net carbohydrates 3g, Total Fat 3g, Fiber 0g