

Tuna Burger with Sweet Chili Sauce D

Prep Time: 3

Award winning Chef Ted Habiger from Room 39 Restaurant in Kansas City developed a similar version of this recipe for Harvesters' use in the adult nutrition classes. He accepted Harvesters' Chefs Challenge to create dishes using canned fish and other ingredients commonly distributed by the food bank.

Sweet Thai chili sauce:

1 medium red bell pepper, diced (3/4 cup)
3 Tablespoons white vinegar
1/2 cup sugar
1/2 cup water
1/2 Tablespoon cornstarch blended with 1 Tablespoon water
1/4 cup cilantro, minced

Burgers:

1 Tablespoon fresh ginger, grated (a piece about the size of a thumbprint)
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1 teaspoon olive oil
2 (12 ounce) cans chunk light tuna in water, drained
1 1/2 Tablespoons Dijon mustard
1 lemon, juiced (2-3 Tablespoons)
2 eggs, beaten
2/3 cup Panko bread crumbs
1/2 Tablespoon reduced-sodium soy sauce
1/2 Tablespoon Worcestershire sauce
Non-stick cooking spray
8 whole wheat sandwich thins
Lettuce for 8 sandwiches

Sweet Thai chili sauce:

In a saucepan cook red pepper, vinegar, sugar and 1/2 cup water over medium-low heat for 20 minutes. In a small bowl blend cornstarch and 1 Tablespoon water together with a fork. Add cornstarch mixture to the saucepan and continue cooking until sauce is thick enough to coat the back of a spoon. Remove from heat and stir in cilantro.

Burgers:

In a large bowl, combine ginger, garlic and olive oil and blend together with a fork. Add the tuna, mustard, lemon juice, eggs, bread crumbs, soy sauce, and Worcestershire sauce to the blend in the bowl. Using clean hands combine the ingredients and form into 8 patties. Spray skillet with non-stick cooking spray and heat patties over medium heat, with lid on, until golden brown.
Toast sandwich thins, add patties and serve with chili sauce and lettuce.

Harvesters-The Community Food Network
3801 Topping Kansas City, MO 64129



Serves 8

Calories 330; Fat 6g; Protein 28g; Carbohydrate 45g; Fiber 6g; Sodium 710mg.

NOTES: _____

Total Cost: \$10.21

Cost Per Serving (8): \$1.27

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