

Asian Tuna Burger

Our Asian Tuna Burger with fresh ginger, green onions, red bell pepper and canned tuna makes a healthy and tasty alternative for traditional burger lovers.

CACFP Home Childcare Crediting Information

One Asian Tuna Burger and bun provide ½ cup vegetable (⅛ cup additional vegetable, ⅛ cup dark green vegetable, ¼ cup red/orange vegetable), 2 oz equivalent meat, and 2 oz equivalent grains.



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

2 ½ cups or 12 oz Canned tuna, chunk style,
 water packed, drained
 ¼ cup Mayonnaise, low fat
 1 tsp Garlic minced
 1 tsp Fresh ginger minced
 ¾ tsp Low sodium soy sauce
 ½ cup or 1 oz Green onions, tops and bottoms
 ½ cup or 2 oz Red bell pepper, diced
 1 tsp Sesame oil
 1 tsp Canola oil
 1 ½ Tbsp or 1 oz Egg whites
 ½ cup or 1 ½ oz Panko breadcrumbs
 6 medium Whole-grain buns, 2 oz each
 1 small or 3 oz Fresh romaine heart lettuce
 3" x 3" tear lettuce into 6 pieces
 2 medium or 9 oz Fresh tomato, sliced
 cut 6 medium slices or 12 thin slices

Directions

- 1** Preheat oven:
Conventional oven: 400 °F.
Convection oven: 375 °F.
- 2** Drain and flake tuna.
- 3** In a medium size bowl, combine tuna, mayonnaise, garlic, ginger, soy sauce, green onions, red bell peppers, sesame oil, canola oil, and egg whites together.
- 4** Add panko breadcrumbs, stir well.
- 5** Using a ½ cup measuring cup, scoop tuna filling and shape into 6 tuna burgers (about 3 oz).
- 6** Portion 6 burgers on a baking sheet (9"x13"x1") lined with parchment paper lightly sprayed with pan release spray.
- 7** Bake:
Conventional: 400 °F 8 -10 minutes.
Convection: 375 °F 8 minutes.
- 8** Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 9** Critical Control Point:
Hold at 140 °F or higher until served.
- 10** Cut bun open and place on plate. Place lettuce leaf on bottom half of bun. Place a slice of tomato on top of lettuce.
- 11** Place cooked tuna burger on top of tomato. Cover with top of bun.
- 12** Serve one tuna burger.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 300, Protein 21 g, Carbohydrates 40 g, Dietary Fiber 5 g,
 Total Sugars 7 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 19 mg, Sodium 450 mg, Vitamin A 97 mcg
 RAE, Vitamin C 23 mg, Vitamin D 0 IU, Calcium 81 mg, Iron 3 mg, Potassium 458 mg

