 **Tuna Chickpea Patty**

*Serves 4*

**Ingredients**

2- 5oz cans tuna

1 can chickpeas, rinsed and drained

1 egg, lightly scrambled

½ cup crumbled feta cheese

1 stalk celery

¼ onion, diced

1 tbsp capers

1 tbsp lemon juice

1 tbsp dill

½ tsp old bay seasoning

2 tbsp flour

2 tsp olive oil

**Directions**

1. In a bowl, mash chickpeas with a fork.
2. Add tuna, egg, feta celery, onion, capers, lemon juice, dill, seasoning, and flour. Mix well.
3. Heat oil in a skillet over medium heat. Separate mixture into four equal balls. Place in skillet and flatter slightly with spatula.
4. Cook about 4 minutes, until browned, then flip and cook 4 more minutes.
5. Serve topped with yogurt if desired.

**Nutrition**

*289 calories, 22g C, 26g P, 11g F*