

# SARDINE PATTIES

**Number of servings:** 10  
**Serving Size:** ¼ cup

**Ingredients:**

- 1 (15 ounce) can sardines in oil
- 2 tablespoons garlic (5-6 cloves)
- ½ cup onion (1 small)
- ¼ teaspoon salt
- 3 cups green leafy vegetable (e.g. Chinese cabbage)
- 4 tablespoons cornstarch
- 1 egg
- 1½ teaspoon vegetable oil

**Directions:**

1. DRAIN sardines
2. In a medium sized bowl, STIR sardines until broken into small pieces.
3. MINCE garlic, DICE onion and CHOP leafy greens.
4. ADD garlic, onion, salt and leafy greens to the sardines.
5. ADD cornstarch and egg and MIX well.
6. FORM (shape) ¼ cup of the mixture in to a patty (like burgers), repeat until all the mixture is used (10 patties).
7. HEAT vegetable oil in a sauce pan. FRY patties for 5 minutes on each side, or until brown.

Nutrition Facts	
Serving Size 1 patty (78g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 120	<b>Calories from Fat</b> 50
% Daily Value*	
<b>Total Fat</b> 6g	9 %
Saturated Fat 1g	5 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 75mg	25 %
<b>Sodium</b> 280mg	12 %
<b>Total Carbohydrate</b> 5g	2 %
Dietary Fiber 0g	2 %
Sugars Less than 1g	
<b>Protein</b> 11g	
Vitamin A 20%	Vitamin C 15%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

\* Recipe contributed by the College of Micronesia – Chuuk Cooperative Extension Services