A Healthier Burger

(NAPSA)—Grilling is a rite of passage during warmer months, with hamburgers arguably being Americans' favorite food to grill. However, hamburgers are often high in calories and fat.

How do you make this American staple healthier? Try seafood, which is low in fat and calories and filled with heart-healthy omega-3 fatty acids. Because of seafood's many benefits, the 2010 Dietary Guidelines for Americans recommends people should eat at least 8 ounces a week. Substituting seafood, such as tuna, for the protein a recipe calls for is an easy way to make any meal healthier.

Try this great-tasting and healthy hamburger alternative. For more healthy seafood recipes, visit www.ChickenoftheSea.com.

Cajun Tuna Burgers

Serves 6

2 (12-oz) cans Chicken of the Sea Chunk Light Tuna in Water, drained
1 cup breadcrumbs
2 eggs, beaten
½ cup each: diced red bell pepper, green bell pepper and green onions
¼ cup Cajun seasoning
1 tsp hot pepper sauce
6 whole-wheat hamburger buns

In a bowl, combine tuna, breadcrumbs and eggs. Add the next 5 ingredients and mix.

Divide and shape tuna mixture into 6 patties. On a grill, cook tuna burgers using a grill-friendly pan until browned and heated through. Or, use a nonstick skillet on the stove.

Place each burger on a bun and top with condiments and vegetables.