

- » 1/2 cup (125 mL) herb-seasoned stuffing
- » 8 ounces (240 g) cooked flaked fish
- » 1 egg

YIELD: 6 patties

EXCHANGE: 1 1/4 meat, 1/4 bread, 1/8 fat per patty

CALORIES: 45 per patty

Moisten stuffing with water. Allow to stand 5 minutes, or until soft. (Add extra water if needed.) Blend fish and egg into softened stuffing. Form into 6 patties. Broil for 10 to 15 minutes. Turn once.