



# Cheesy tuna bites

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Traffic light category: **Green** Serves: 9 (60g each)

## Ingredients

- 185g can tuna in springwater, drained
- 125g corn kernels, drained
- 3 tablespoons reduced fat mayonnaise
- 1 tablespoon light sour cream
- 1/2 cup reduced fat cheddar cheese, grated
- 1 tablespoon parmesan cheese, grated
- 1 tablespoon fresh parsley, finely chopped (or 1 teaspoon dried)
- 2 medium spring onions, finely chopped
- 2 medium eggs, lightly whisked
- 2 tablespoons parsley, finely chopped
- Pepper to taste

## Method

1. Preheat oven to 180°C
2. Place all ingredients in a bowl and gently combine
3. Lightly grease a muffin tray with cooking spray
4. Spoon mixture into tray
5. Bake for 20-25 minutes



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