2 cans albacore tuna, half small onion chopped, 8-10 small pickles chopped, add a fat free/low fat mayo as if you are making tuna salad, add 1 cup Parmesan cheese (not shaker kind, use the bagged kind) also add 1 cup sharp white cheddar cheese, stir all together, add 2 eggs and stir. Salt/pepper/garlic powder to taste. Bake on 350 for 13-17 minutes until slightly browning on top. They are amazing!!!!