

TUNA CAKES

Tuna cakes are easy, affordable and filling. They have a wonderful comfort food appeal without spending a lot of time in the kitchen. If you like salmon patties, tuna cakes will add a tasty option and more variety. There are no bread crumbs in this recipe, and the cakes hold together fine without them. Some of the herbs are optional, depending on your tastes. This recipe makes 5 servings, with each serving providing 1 serving of protein and 1 serving of healthy fat.



INGREDIENTS

- 3 (5 oz.) cans tuna in water (Skipjack is best, but albacore will do fine)
- 3 large pastured eggs
- 1/3 cup finely chopped green onion (white and light green parts) – you can use sweet onion, as well
- 2 Tbs. Dijon mustard
- 2-3 Tbs. Genesis Healthy Mayonnaise recipe, Hellman’s organic mayo, or Primal Kitchen Mayo (start with 2 Tbs and add more if not moist enough to form cakes)
- 1 tsp. garlic powder
- 1/2 tsp. Himalayan sea salt
- 1/4 tsp. ground black pepper
- 1/2 tsp. dried dill or 1-1/2 tsp. fresh dill (optional)
- 1 Tbs. finely chopped fresh parsley or 1 tsp. dried parsley (optional)
- 2-3 Tbs. virgin or organic, unrefined coconut oil for frying

Lemon wedges for squeezing over cakes

INSTRUCTIONS

Drain tuna well. In a medium bowl, combine together tuna, eggs, onion, Dijon mustard, and spices with a fork.

Separate mixture into 5 equal portions and form into small patties with your hands.

Heat oil to medium heat in a large stainless steel or ceramic nonstick skillet. Fry the cakes until golden brown on both sides (approx. 3 minutes per side).