



Cooking in the Kitchen at Olum's

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*Delicious Recipes
that are Easy & Nutritious*

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Tuna Cakes

Serves 8

Ingredients:

10 oz. chunk light tuna in water, drained and flaked

1/3 cup light mayonnaise

2 eggs

1 green onion, finely chopped

1 teaspoon paprika

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground pepper

2/3 cup plain panko breadcrumbs

Cooking spray (or olive oil)

Directions:

1. In a medium bowl, mix tuna, mayonnaise, eggs, chopped green onions, paprika, garlic powder, pepper, and bread crumbs.
2. Form the tuna patties into flat circles, about 3 inches in diameter and 1/2-inch thick.
3. Place on a plate and refrigerate for 15 minutes.
4. Heat a skillet over medium heat and prepare with a light coat of cooking spray, or olive oil.
5. Cook each tuna cake for 2 minutes per side, until they are lightly browned.

Serving suggestion: serve with lemon wedges or yogurt dill sauce