



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Delicious Recipes
that are Easy & Nutritious*

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Tuna Cakes

Serves 8

Ingredients

1 green onion, chopped
10 oz. Flaked Tuna
1/3 cup light mayonnaise
2/3 cup Panko bread crumbs
2 eggs
1 tsp. paprika
1/2 tsp. cracked black pepper
1/2 tsp. salt
olive oil for cooking
lemon juice or yogurt sauce (optional)

Directions:

1. In a large bowl combine the tuna, mayo, and bread crumbs.
2. Add the green onion, eggs, and seasonings, and thoroughly combine.
3. Form tuna mixture into 2"–3" patties (approx. 8 patties).
4. Refrigerate the patties for 15 minutes to help them set up.
5. Cook patties in a lightly greased pan until light brown and crispy (about 2 minutes each side).

Serving suggestion: Top with lemon juice or yogurt sauce