

## Easy Tuna Patties

Rethink your tuna salad sandwich, try this easy yummy tuna patties! Try it out by its self or use it to replace your normal hamburger.

Preparation Time: 15 min.

Cook Time: 15 min.

Servings: 8 patties

Amount	Ingredient	Cost - date:
2 (5 oz) cans	Tuna in Water, well-drained and flaked with fork	
2 Tbsp	Mayonnaise	
2 Tbsp	Dijon Mustard	
2 tsp	Fresh Garlic, minced	
2	Eggs, large, lightly beaten	
1/2 tsp	Kosher Salt	
1/4 tsp	Black Pepper	
1/2 cup	Fresh Parsley or cilantro, chopped	
4 Tbsp	Olive Oil, for frying (or butter is tasty too)	
	Cost for the total recipe:	
	Cost for 1 serving:	

### Preparation:

1. Preheat the oven to the "keep warm" setting (170°F).
2. In a medium bowl, use a fork to mix together the tuna, mayonnaise, Dijon mustard, minced garlic, eggs, kosher salt, black pepper, and parsley.
3. Beat the olive oil in a large nonstick skillet over medium heat.
4. Measuring ¼ cup of the mixture for each cake, fry the patties until golden brown, about 3 minutes per side.
5. Fry 4 patties at a time, keeping the cooked tuna cakes in a warm oven while you fry the second batch. Serve immediately.

SOURCE: <https://healthyrecipesblogs.com/tuna-cakes/>

### **Notes:**

\*You will use 4 tablespoons oil for frying, but the tuna cakes will only absorb about half that amount.

Ideas for varying this recipe:

- If you like your food spicy, try adding a teaspoon of hot pepper sauce to the mixture or a pinch of cayenne pepper.
- Chopped scallions are a nice addition - try using just ¼ cup of parsley and adding ¼ cup of finely chopped scallions.

You can keep the leftovers in the fridge, in an airtight container, for up to 4 days. Reheat them in the microwave, covered, at 50% power.

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**