

# Lemony Tuna Cakes

Serves Four with a side salad



## Steps

1. Preheat oven to 375°F. Spray or brush a foil-lined baking sheet pan with olive oil.
2. In a large bowl combine tuna, egg, pepper, salt,  $\frac{3}{4}$  cup panko, parsley, scallions, mayo, Dijon, lemon juice and lemon zest. Mix well.
3. In a separate shallow bowl combine the remaining  $\frac{3}{4}$  cup panko and parmesan cheese.
4. Scoop about  $\frac{1}{4}$  cup of the mixture to form a patty. Press each patty into the panko/cheese mixture insuring both sides are coated before placing on the prepared baking sheet. Repeat with remaining tuna mixture.
5. If you have an oil spray bottle/can, liberally the tops of the cakes with oil (this helps crisp up the panko). If you don't have a bottle, try drizzling on a little oil. Bake cakes for about 25-30 minutes, or until the tops are crunchy (turning a deep golden brown). Serve warm with lemon wedges.

\*\*These freeze really well and make a quick weeknight dinner. To freeze, place the baking sheet pan with prepared, UNBAKED cakes in freezer until they are frozen (about 3 hours). Then pop the cakes off the tray and place carefully into a gallon-size zip top bag. Squeeze air out and freeze until ready to bake:)

## Ingredients

- 5 (4-ounce) cans of solid-white tuna in water, drained well
- 1 egg
- $\frac{1}{2}$  teaspoon freshly ground pepper
- $\frac{1}{2}$  teaspoon Kosher salt
- 1  $\frac{1}{2}$  cups panko, divided
- $\frac{1}{4}$  cup fresh Italian parsley, finely chopped
- $\frac{1}{2}$  cup scallions, finely chopped
- 1-2 tablespoons mayonnaise (or Greek yogurt)
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- Zest of one lemon
  
- $\frac{1}{4}$  cup grated parmesan cheese
- 3 tablespoons olive oil (for the pan and top of the tuna cakes)