

Tuna Cakes

Ingredients:

Egg	1
Flaked light tuna, drained	1 can (120 g)
Soda crackers, crushed*	8-10
Onions, finely chopped	¼ cup
Carrots, grated	¼ cup
Cheese, grated	¼ cup
Vegetable oil	2 Tbsp
Parsley, dried (optional)	1 tsp
Dill, dried (optional)	sprinkle
Black pepper (optional)	sprinkle



* Instead of crackers, you can use ¼ cup oats. Oats are higher in fibre.

Directions:

1. Preheat oven to 400°F.
2. In a medium bowl, whisk the egg.
3. Stir in all the remaining ingredients.
4. Divide mixture into 4 parts. Form into 4 balls and flatten into patties on greased baking tray.
5. Bake for 10 minutes and then turn over and bake for another 5 minutes.
(Or, instead of baking, turn stove top to medium heat. Place small amount of oil in frying pan. Fry on both sides until browned.)

Makes 4 patties

Tips:

- Add in other vegetables in your fridge or freezer, such as corn, celery, peppers, peas, green onions
- Add horseradish, hot sauce, Tabasco, or salsa for extra flavour
- Use canned salmon instead of tuna – crush the bones with a fork before mixing in

