

Tuna/Salmon Cakes

Ingredients

- 1 can tuna/salmon (5oz can)
- 1 egg
- 1 tablespoon mayonnaise
- 1 teaspoon lemon juice
- ½ teaspoon garlic powder
- 1/3 cup toasted bread crumbs/panko or ½ cup flour
- 2 scallions, chopped or ¼ onion, chopped
- Pinch of salt and pepper
- 1-2 tablespoon olive oil

Nutrition Tip: This tuna cake goes great on a salad, in between a bun/bread, or with a starch (rice, pasta) and veggies on the side.



Directions

Mix all ingredients together except olive oil in a medium bowl using a fork. Let stand for 5-10 minutes. If mixture seems too wet, add a little more bread crumbs or flour.

Divide mixture into 2 larger cakes pressing together with your hands.

Heat olive oil in a pan over medium heat. Sear the tuna cakes for 4-5 minutes on each side or until golden brown and slightly puffed.

Recipe adapted from <https://www.feastingathome.com/salmon-cakes/>

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