

# Spicy Tuna Cakes



Makes 10 cakes

Ingredients:

- 10 ounces canned tuna in water, drained
- 3 scallions, thinly sliced (about  $\frac{1}{3}$  cup)
- 2 tablespoons finely minced fresh cilantro
- 1- $\frac{1}{3}$  cups canned pumpkin
- finely grated zest from  $\frac{1}{2}$  medium lemon

- 1 tablespoon minced jalapeño pepper
- 2 large eggs
- 2 tablespoons oil or melted butter
- 1/2 teaspoon red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 3 medium lemons, cut into wedges (optional)

Instructions:

1. Preheat the oven to 350°F and grease muffin pan.
2. In a large bowl, mix together the tuna, scallions, and cilantro. Add the pumpkin to the tuna mixture, and gently combine.
3. Then, mix in the lemon zest, jalapeno, oil, eggs, and red pepper flakes. Season with salt and pepper to taste.
4. Scoop 1/4 cup of the mixture into each greased muffin tin cup and flatten with spoon.
5. Bake the tuna cakes for 20-25 minutes or until an inserted toothpick comes out cleanly.
6. Flip onto wire rack to cool.

Nutrition per serving (1 cake): Calories 64; Total Fat 3.4 g; Saturated Fat 0.6 g; Monounsaturated Fat 0.8 g; Polyunsaturated Fat 1.7 g; Total Carbohydrate 3.0 g; Dietary Fiber 1.1 g; Sugar Alcohols 0.0 g; Sugars 1.3 g; Protein 5.8 g; Sodium 86 mg