



TUNA CAKES

EQUIPMENT:

SPATULA
STRAINER
SAUTE PAN
MEDIUM POT
MIXING BOWL
KNIFE & CUTTING BOARD

8 OZ. COOKED QUINOA
4 OZ. SOUR CREAM
1 12OZ. CAN OF TUNA

4 OZ. HHF PESTO
1 OZ. CHOPPED BELL PEPPER
1 OZ. CHOPPED ONIONS
1 OZ. SEASONING OF CHOICE
4 OZ. PANKO BREAD CRUMBS

INGREDIENTS:

METHOD: FIRST

POUR THE QUINOA INTO BOILING WATER AND COOK UNTIL SOFT. STRAIN AND RESERVE UNTIL COLD. OPEN THE CAN OF TUNA AND STRAIN SO THAT THERE IS NO LIQUID.

SECOND

IN THE BOWL ADD ALL OF THE INGREDIENTS EXCEPT THE BREAD CRUMBS. MIX GENTLY SO THAT THE TUNA STAYS TOGETHER IN LARGE CLUMPS. ADD HALF OF THE BREAD CRUMBS AND INCORPORATE GENTLY.

THIRD

SEPARATE THE MIXTURE INTO 4OZ. PORTIONS(8) AND SHAPE INTO PATTIES. COVER THE PATTIES WITH THE REMAINDER OF THE BREAD CRUMBS.

FOURTH

HEAT OIL IN A SAUTE PAN AND PAN FRY ON MEDIUM HIGH HEAT UNTIL GOLDEN BROWN ON BOTH SIDES. SERVE HOT WITH ANY CREAMY SAUCE OF YOUR CHOICE. ENJOY!