

## Tuna Cakes with Mix Green Lemon Salad

*Are you bored of canned tuna? This recipe elevates canned tuna and turns it into yummy cakes over a mixed green salad with a lemon dressing. Tuna and beans are packed with protein to help you keep full throughout the day!*

**Yields:** 4 servings

**Serving Size:** 1 tuna cake, 2 cups greens & about 2 Tbsp dressing

### Ingredients:

- ½ cup rinsed **canned white beans** (low sodium, preferred)
- 1 **large egg**, lightly beaten
- 3 tsp **Dijon mustard**, divided
- 1 tsp **lemon zest**
- 1 tsp **dried dill**
- 1 tsp **dried mint**
- ½ tsp **dried tarragon**
- 2, 5-ounce **cans of tuna** packed in oil or water, drained
- ¾ cup whole-wheat **panko breadcrumbs** (or regular breadcrumbs)
- 6 Tbsp **extra-virgin olive oil**, divided
- 3 Tbsp **lemon juice**
- 1 tsp **honey**
- ½ tsp **ground pepper**
- ¼ tsp **salt**
- 1, 5-ounce package of **spring mix salad greens**

### Instructions:

1. Mash beans with a fork in a large bowl. Stir in egg, 2 tsp mustard, lemon zest, dill, mint, and tarragon.
2. Flake tuna into chunks; gently fold it into the bean mixture. Sprinkle panko over the mixture; gently fold in until well combined. Form the mixture into 4 (1-inch-thick) patties.
3. Heat 1 Tbsp oil in a large nonstick skillet over medium heat. Swirl to coat the pan. Cook the patties until golden brown on both sides, about 3 minutes per side.
4. Whisk lemon juice, honey, pepper, salt, and the remaining 1 tsp of mustard and 5 Tbsp oil in a small bowl.
5. Divide greens among 4 plates (2 cups per plate); top each with a tuna cake and drizzle evenly with dressing.

**Per Serving:** Calories 400 kcal, Carbohydrates 19 g, Protein 21 g, Saturated Fat 4 g, Sodium 538 mg, Fiber 4 g, Sugars 2 g

This recipe is adapted by Eatingwell, <https://www.eatingwell.com/recipe/7906373/tuna-cakes/>