

Tuna Cakes & Roasted Root Veggies



Prep: 20 minutes **Cook:** 45 minutes **Yields:** 4 servings

2 medium potatoes
2 carrots
2 beets
1 can tuna
1 egg
1/2 cup crushed crackers or breadcrumbs
1/2 cup diced kale
herbs
olive oil
salt & pepper



Optional

2 teaspoons diced garlic

Chef's Notes: Only make one layer of vegetables or they will steam instead of roast and become soggy. You can roast any combination of root vegetables, this is a great way to highlight what is in season!

1. Preheat oven to 425° F.
2. Cut root vegetables into 1 inch chunks.
3. Put veggies on a baking sheet, sprinkle with oil & salt to taste.
4. Roast for 30-45 minutes or until vegetables are soft, stirring halfway through to promote even cooking. Add diced garlic after 20 minutes for added flavor if using.
5. While veggies are roasting, open and drain the juice from the tuna can.
6. Tear the kale away from the stalk & dice into tiny pieces.
7. Whisk together egg, 1/2 teaspoon herbs & kale. Add tuna and gently mix in bread crumbs (or crushed crackers). Using your hands, take a handful of the mixture & gently press into patty-shape (4 patties).
8. Heat 2 tablespoons oil over medium heat, add patties & fry until golden on each side (about 5 minutes per side).

Fresh Harvest Kits are a collaboration between HDFFA and hunger relief agencies.

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