

# TUNA CAKES & ROASTED ROOT VEGGIES



**Prep:** 20 minutes

**Cook:** 45 minutes

**Yield:** 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 tsp diced garlic

1. Preheat oven to 425.
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 egg, 1/2 teaspoon herbs & kale together, add tuna, gently mix 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).

*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!

Fresh Harvest Kits are a collaboration between HDEFA and hunger relief agencies. Each kit contains fresh vegetables & staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more & to see the full list of partners.