JANE SMITH LIFESTYLE • RECIPE CARD

# Crispy Lemon-Parmesan Tuna Cakes

with creamy cottage-cheese Dijon dip



**YIELD: 2 snacks (3 cakes each) • PREP: 10 minutes • COOK: 10 minutes**

## INGREDIENTS

- 2 cans (5 oz each) tuna in water, drained very well
- 1 large egg
- ■ cup panko breadcrumbs
- ¼ cup finely grated Parmesan
- 1 tsp Dijon mustard
- ½ tsp garlic powder
- ¼ tsp black pepper
- 1 tbsp olive oil
- ½ cup cottage cheese
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard, for the dip
- Pinch of kosher salt
- 1–2 tbsp water, as needed
- Lemon wedges, for serving

## DIRECTIONS

1. Flake the tuna into a bowl. Add the egg, panko, Parmesan, 1 tsp Dijon, garlic powder and black pepper. Mix just until combined, then shape into 6 small cakes.
2. Heat the olive oil in a nonstick skillet over medium. Cook the cakes until crisp and golden, 3–4 minutes per side. Work gently when turning them.
3. Blend the cottage cheese, lemon juice, 1 tsp Dijon and salt until smooth. Add water 1 tbsp at a time until the dip reaches a creamy consistency.
4. Serve 3 tuna cakes per person with the dip and lemon wedges.

| JANE'S NOTE | MAKE-AHEAD & STORAGE |
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| Drain the tuna thoroughly and mix only until the cakes hold together. That keeps the centers tender while the outside turns crisp. | Shape the uncooked cakes up to 1 day ahead and refrigerate covered. Cooked cakes keep for up to 3 days; reheat in a skillet or air fryer to restore the crisp edges. |

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