

Baked Tuna Cakes

2 cans of Tuna
1 small carrot shredded
1 stalk of celery diced
1 egg
½ medium onion minced
½ teaspoon minced garlic
¼ cup crushed gluten free cereal
2 Tablespoons Mayonnaise
½ teaspoon dried dill
½ teaspoon dried thyme
¼ teaspoon ground rosemary
¼ teaspoon black pepper

Preheat oven to 400 degrees.

Line cookie sheet with tinfoil and spray with cooking spray.

Drain tuna and mix with all the ingredients.

Form into patties Bake for 10 minutes. Take out and flip. Bake for 5 minutes more.



<http://www.lincolntent.com/GlutenFreeCaseinFree-Meatless.html>