Spicy Tuna Muffin Cake

Ingredients:

- 3 tablespoons melted ghee, divided
- 10 ounces canned albacore tuna packed in water, drained
- 3 scallions, thinly sliced (about ⅓ cup)

- 2 tablespoons finely minced fresh cilantro
- 1 ⅓ cup mashed baked yam
- 1 tablespoon minced jalapeño pepper
- 2 large eggs
- ½ teaspoon red pepper flakes

- Kosher salt
- freshly ground black pepper
- finely grated zest from ⅓ medium lemon
- 3 medium lemons, cut into wedges *(optional)*

1. Pre-heat your oven to 350°F.

2. Use a brush to grease a 12-cup regular sized muffin tin with one tablespoon of melted ghee.

3. In a large bowl, mix together the tuna, scallions, and cilantro. Add the baked mashed yam or sweet potato to the tuna mixture, and gently combine. Make sure you bake the yams or sweet potatoes in advance. It brings out the flavor.

4. Mix in the lemon zest, jalapeño, the remaining two tablespoons of ghee, eggs, and red pepper flakes. Season with salt and pepper to taste. If you choose, also add any optional spices that you like, such as berbere, curry, etc.

5. Scoop a quarter cup of the mixture into each muffin tin cup and flatten with the back of a spoon.

6. Bake the tuna cakes for 20–25 minutes or until an inserted toothpick comes out cleanly.

7. Transfer the cakes to a wire rack to cool. The easiest way I've found to get them out is to put the wire rack on top of the muffin tin...flip everything upside-down and tap them gently on the counter.

8. Grab a lemon and squeeze some juice on your tuna cake before you eat them. Serve it with a little arugula salad on the side or eat them cold for a quick on-the-go snack.

You can store them in the refrigerator in an air-tight container for up to four days and then freeze them for a later time. When you're ready to eat them, sauté the cakes in a small amount of refined coconut oil or olive oil over medium heat. Crisp the edges, and you're good to go!

These spicy tuna muffin cakes are a great source of protein, healthy carbs and good fat! Having them on hand will ensure you have a quick healthy snack whenever you want.

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