

# tuna sweet potato bites

**Makes 3-4 servings**

RECIPE ADAPTED FROM: [Nom Nom Paleo](#)

PREP TIME: 10 minutes

COOK TIME: 20-25 minutes

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10 oz canned tuna packed in water, drained  
1 sweet potato, cooked and mashed (~1 ⅓ cup)  
3 green onions, thinly sliced  
1 Tbsp butter or ghee, melted  
½ lemon, zested and juiced  
2 large eggs  
½ tsp red pepper flakes  
1 Tbsp minced jalapeño pepper (optional - spicy!)  
salt and pepper, to taste

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## NOTES:

- **Leftovers can be stored in the fridge up to 5 days or in the freezer up to 3 months.**
- **When ready to eat leftovers, skillet-fry the bites in a little olive oil or butter over medium heat until the edges are crispy and they're heated through.**

PREHEAT oven to 350°F.

LINE a 12-cup regular sized muffin tin with silicone or parchment liners or spray with cooking spray.

GENTLY mix tuna, sweet potato, green onions, butter, lemon zest, lemon juice, eggs and red pepper flakes in a large bowl until combined. Be careful to not break up the chunks of tuna too much.

SEASON with salt and pepper, to taste. (If you're not sure how much to use, take a small portion and cook up a mini pancake to see if the seasoning is right before baking.)

SCOOP a ¼ cup of the mixture into the prepared muffin tin cups and flatten the tops with the back of a spoon.

BAKE for 20-25 minutes or until an inserted toothpick comes out clean.

SERVE with a squeeze of fresh lemon juice if desired.

