Tuna Cakes

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical, Cognitive

What You Need:

- 2 cans (6 oz. each) light tuna in water, drained, flaked
- 1 pkg. (6 oz.) stuffing mix for chicken
- 1 cup shredded mild cheddar cheese
- 1/2 cup shredded carrots
- 1/3 cup mayonnaise
- 2 tbsp. sweet pickle relish
- 3/4 cup water

What To Do:

1. Have your child help you gather and prepare ingredients ahead of time. Show him how to drain, measure and shred specific ingredients.
2. Together, combine and mix the tuna, stuffing mix, cheese, carrots, mayonnaise, relish and water in a bowl. Talk about how the mixture changes as you add each ingredient.
3. Cover the bowl and refrigerate it for 10 minutes.
4. Have your child make the tuna mixture into cakes/patties, scooping about 1/3 cup for each one. Try using an ice cream scoop to make evenly portioned cakes.
5. Heat a large nonstick skillet sprayed with cooking spray on medium heat.
6. Place the tuna cakes in a skillet, gently flattening the cakes using a spatula.
7. Cook 3 minutes on each side or until they’re golden brown on both sides, turning cakes over carefully.
Adapted from http://kraftfoods.com