

Whole 30 Tuna Patties

Ingredients:

- * 2 cans tuna packed in water
- * 1 and 1/2 tablespoon almond flour
- * 1 egg
- * 1 and 1/2 tablespoons mayo
- * 1 teaspoon dried dill
- * 1 teaspoon garlic powder
- * 1/2 teaspoon onion powder
- * Pinch of salt and pepper
- * Juice of 1/2 lemon

Directions:

- Combine all ingredients in a bowl and mix well
- Tuna should be still wet, but able to form into patties – add an additional tablespoon of almond flour if it's not dry enough to form
- Form into 4 patties

For stovetop:

- Heat 2 tablespoons oil or cooking fat in a skillet over medium-high heat
- Let the oil get hot and then place patties into the skillet in a single layer
- Cook for 5 minutes on each side until crisp and cooked thoroughly

For Air Fryer:

- Heat to 400 degrees F.
- Place patties in a single layer in the basket and cook for 10 minutes. Add an additional 3 minutes if you'd like them crispier

Air-Fryer Sweet Potato Fries

Ingredients:

- * 2 medium sweet potatoes, cut into 1/4 inch strips
- * 1 tablespoon extra virgin olive oil
- * 1 teaspoon garlic powder
- * 1 teaspoon Himalayan salt
- * 1/4 teaspoon paprika
- * 1/4 teaspoon black pepper

Directions:

- Preheat air fryer to 400°. Combine all ingredients; toss to coat. Place on tray in air-fryer basket. Cook until lightly browned, 10-12 minutes, stirring once. Serve immediately.