



FISH CAKES

INGREDIENTS

- 16 ounces fish
 - Fresh fish = raw, thawed
 - Canned fish = drained
- ⅓ cup diced celery
- ⅓ cup diced white onion
- ⅓ cup diced bell peppers (any color)
- 2 tablespoons minced dill (*optional*)
- 2 tablespoons mayonnaise
- 1 tablespoon mustard
- ¼ teaspoon kosher salt
- 3 tablespoons flour
- 1 egg
- 2 tablespoons extra-virgin olive oil (divided)
- ½ lemon, cut into wedges (*optional*)

EQUIPMENT

- Food processor (optional)
- Medium or large mixing bowl
- Measuring cups & spoons
- ¼ cup measuring cup
- Skillet & spatula

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

YIELD: 9-10 FISH CAKES

DIRECTIONS

1. Finely dice all veggies (celery, peppers, onions).
This can be done by hand or by using a food processor. If you use a food processor, pulse the veggies several times until they look finely diced.
2. Transfer all veggies to the mixing bowl. Add dill, mayonnaise, mustard, and salt and mix until evenly combined.
3. *Optional:* If you are using fresh fish, split the fish into two batches. Add one batch to the food processor, pulse the fish 2-3 times for several seconds each (do not overprocess fish into a paste). Do the same for the other batch.
4. Transfer the fish to the mixing bowl and mix until evenly combined.
5. Lastly, add the flour and egg and mix until evenly combined.
6. Heat 1 tablespoon of olive oil in skillet over medium heat until it shimmers (~3-5 minutes).
7. Use ¼ cup measuring cup to scoop fish cake mixture. Form the mixture into a cake and place on skillet. Continue with the mixture until there is no more room on the skillet. Depending on the size of the skillet, you will likely be able to make 5-6 fish cakes in the first batch.
8. Sauté fish cakes until lightly browned on one side (approx. 5 minutes) and then flip the fish cakes and cook the other side.
9. Remove fish cakes from skillet and place on plate.
10. Turn down oven heat and add 1 tablespoon of



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Nutrition Facts

9 servings per container

Serving size 1 fish cake

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 70mg	23%
Sodium 260mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 221mg	15%
Iron 0.9mg	4%
Potassium 141mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

10. Turn down oven heat and add 1 tablespoon of olive oil in skillet. Repeat Steps 7-9 until all of the fish cake mixture has been used.
11. *Optional:* Serve with the lemon wedges.

KATY'S TIPS

If you are using fresh fish, prioritize food safety while minimizing how many dishes you have to clean by putting veggies in food processor first. Transfer them to your mixing bowl and then mince the fresh fish in the food processor.

I personally like using canned salmon because it is quick, cheap, and you don't have to put raw fish in the food processor. However, keep in mind that this will increase the sodium of your fish cakes so if you have conditions that require low sodium (e.g. hypertension), consider using fresh fish.

The original recipe I modified states you can use other types of fish such as any white fish, shrimp, salmon, or tilapia. I originally tried it with tilapia and it was pretty flavorless which is why I switched to using salmon. Additionally, the American Heart Association recommends 2-3 servings of fatty fish per week, such as salmon.

Modified from original source:
Nutrition Action Healthletter
(May 2020)