

# Fish Cakes

Alberta Health Services recommends including small amounts of healthy fats in your diet to lower your risk of heart disease. One way of doing this is to eat at least two servings of fish every week. Try this delicious recipe to help you meet your heart health goals!



## Ingredients:

2 cups	Potatoes, peeled and diced	3 medium
2 cups	Canned fish	500 mL
¼ cup	Plain 1% or 2% M.F. yogurt	60 mL
2 Tbsp	Green onion, minced	30 mL
2 Tbsp	Fresh parsley, minced	30 mL
1 tsp	Lemon zest	5 mL
½ tsp	Salt	2 mL
½ tsp	Pepper	2 mL
1 cup	Dry bread crumbs	250 mL

## Directions:

1. Cook potatoes in boiling water until tender.
2. Drain potatoes and mash in a large bowl.
3. Add the fish to the potatoes, along with yogurt, onion, parsley, lemon zest, salt and pepper.
4. Allow fish mixture to cool at least ½ hour.
5. Divide the fish mixture into 8 portions and form each portion into a patty.
6. Sprinkle the bread crumbs on a plate.
7. Press each patty into the bread crumbs.
8. Lightly spray a frying pan with non-stick cooking spray and cook the fish cakes until golden (about 5 minutes). Turn the fish cakes over and cook for another 4 to 5 minutes until both sides are crisp and golden brown.
9. Serve warm as a snack or a meal with vegetables or salad.

**Makes 8 servings (1 fish cake/ 125 g)**

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<b>Nutrition Facts</b>	
Per 1/8 of recipe (125 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 160	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0.5 g + Trans 0 g	<b>3 %</b>
<b>Cholesterol</b> 15 mg	
<b>Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate</b> 23 g	<b>8 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 2 g	
<b>Protein</b> 12 g	
Vitamin A	4 %
Vitamin C	10 %
Calcium	4 %
Iron	10 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Low in fat	2 g
Low in saturated fat	0.5 g
High in potassium	352 mg
Source of magnesium	33 mg
Source of folate	26 mcg
Source of iron	1.4 mg

<b>Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	½
Grain Products	½
Milk and Alternatives	0
Meat and Alternatives	½

This is a Choose Most Often recipe (Mixed Dish–Meat-based) according to the Alberta Nutrition Guidelines.