

Recipe for

FISH PATTIES

EQUIPMENT NEEDED large bowl, medium sauté pan

SERVES 2-3 ESTIMATED COST \$6.42-\$7.90 COST PER SERVING \$2.63-\$3.95

INGREDIENTS

- 2 ea 5oz canned fish (tuna or salmon), drained
- 1/2 cup green onions, sliced
- 2 ea eggs, lightly beaten
- 1 tbsp Dijon mustard
- 2 tbsp mayonnaise or plain Greek yogurt
- 1/2 cup breadcrumbs (see Homemade Breadcrumbs recipe)
- 1/2 tsp paprika
- 1/4 tsp salt
- ground black pepper, to taste
- 1-2 tbsp olive oil

METHOD OF PREPARATION

1. Add all ingredients, except oil, to a bowl and mix well.
2. Form into 4-6 patties.
3. In a medium saucepan heat oil over medium heat.
4. Add patties and cook until golden brown, about 3-5 minutes per side.
5. Top on a salad or serve with your favorite dip. Enjoy!

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NUTRITION INFORMATION

Fish Patties		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	315.8 kcal	16 %
Total Fat	12.5 g	19 %
Saturated Fat	2.6 g	13 %
Trans Fat	0 g	
Cholesterol	153.2 mg	51 %
Sodium	837.2 mg	35 %
Total Carbohydrate	15.8 g	5 %
Dietary Fiber	1.8 g	7 %
Sugars	3.9 g	
Protein	32.4 g	65 %
Vitamin A	6 % • Vitamin C	3 %
Calcium	10 % • Iron	17 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Fish - rich source of the healthy omega-3 fatty acids which aid in brain and heart health. These fats may help reduce the risk of depression, lower blood pressure, and prevent inflammation.



HEALTH BENEFITS

Green onions - contains anti-bacterial properties that may aid in killing off viruses and bacteria that cause infections. High in antioxidants which may protect cells against damage.

References:

1. Recipe provided by Reanetta Perkins