



# Bountiful Florida Fish “BFF” Cakes

**Makes:** 4 Servings

“My mom and I created this healthy seafood recipe, giving it a Latin twist since my grandparents are from Cuba,” says Olivia. “We decided to use tropical fruits and vegetables to make the salsa. The avocado and mango grow right in my grandparents’ backyard. We also added orange and lime because fish goes great with citrus. Living in Florida, it is very easy to find the most delicious, sweet oranges. I love oranges and it really helps to brighten the flavors in this dish! My grandparents said the fish cakes were so delicious.”

## Ingredients

For the Fish Cake:

**3/4 pound** skinless large-mouth bass, or any white meat fish such as cod, cut into small pieces

**1** egg white

**1 cup** cooked brown rice

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>341</b>
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	37 mg
Sodium	367 mg
Total Carbohydrate	45 g
Dietary Fiber	8 g
Total Sugars	15 g
Added Sugars included	1 g
<b>Protein</b>	<b>24 g</b>
Vitamin D	1 mcg
Calcium	130 mg
Iron	2 mg
Potassium	796 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	3/4 cup
 Vegetables	1/2 cup
 Grains	1 ounce
 Protein Foods	2 1/2 ounces
 Dairy	1/4 cup

**1/2 cup** black beans, rinsed and drained

**1 teaspoon** smoked paprika

**1/4 teaspoon** garlic powder

**1/4 teaspoon** kosher salt or to taste

**1/2 cup** whole-wheat panko breadcrumbs

For the Salsa:

**1 1/4 cups** diced mango

**1 1/4 cups** diced strawberries

**1 cup** diced avocado

**3/4 cup** diced cucumber

**1/4 cup** chopped cilantro

**2 tablespoons** fresh lime juice

For the Orange?You?Glad Yogurt Sauce (not pictured):

**1/2 cup** low-fat plain yogurt

**3 tablespoons** orange juice

**1/2 teaspoon** orange zest

Orange wedges, for garnishing

## Directions

- 1. To make the Fish Cakes:** Preheat oven to 375°F. In a large bowl, combine all ingredients except breadcrumbs. Form mixture into 4 patties, pressing each patty together so it holds its shape. Line a medium baking sheet with parchment paper. Put breadcrumbs on a plate and roll the patties in the breadcrumbs. Place each patty on baking sheet and

bake for 20 minutes or until light golden brown and fish is cooked through.

2. **To make the Salsa:** In medium bowl, toss salsa ingredients until well combined.
3. **To make Orange-You--Glad Yogurt Sauce:** In a small bowl, stir together all ingredients.
4. **To Assemble:** Top each fish cake with Salsa and drizzle with Orange-You-- Glad--Yogurt sauce. Sprinkle with additional cilantro if you wish. Serve with orange wedges and a glass of low--fat milk.

## Notes

State: Florida

Child's Name: Olivia LaRochelle, 12

**Source:** The 2016 Healthy Lunchtime Challenge Cookbook