

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Sherry's Fish Cakes

(Makes 8 cakes)

Ingredients

- 16 oz Tilapia, halibut or cod
- 1 cup oatmeal
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro
- Juice and zest of 1 lime
- Pepper
- 1 tbsp fish sauce (optional)
- 2 tbsp extra virgin olive oil
- 2 tbsp coconut oil



Can cut fat in half and remove sodium by replacing coconut oil with Pam and replacing fish sauce with Mrs Dash or similar.

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Instructions

Cut raw fish in peanut size pieces and grind oatmeal to bread crumb like consistency (I use a coffee grinder) Add all ingredients except coconut oil and mix.

Fry in coconut oil or Pam till fish is cooked (5-10 min) Serve with salad, and a squeeze of lime!
Enjoy

Nutritional Information per serving (one serving is 2 cakes)

Calories...185

Protein...30g

Carbohydrate...15g

Fat...14 g

Healthy Living Program ~creating body, mind and spiritual health for life!

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