

PREPARATION: 15 MINUTES | COOKING: 30 MINUTES | SERVINGS: 4

FISH CAKES WITH CORN REMOULADE

INGREDIENTS

Fish Cakes

- 1 lb tilapia (4 fillets, approximately 4 oz each)
 - 1 tablespoon lemon zest
 - ½ cup red pepper, diced
 - ½ cup green onions, sliced
 - ¼ cup reduced-fat mayonnaise
 - 1 large egg
 - 2 tablespoons fresh parsley, chopped
 - ¼ cup panko bread crumbs
 - 1 tablespoon olive oil
- ### Remoulade
- ½ cup plain Greek yogurt
 - 1 teaspoon Dijon mustard
 - ¼ cup corn niblets, frozen
 - ¼ teaspoon chili powder
 - 1 teaspoon lime juice
 - 1 tablespoon cilantro

PREPARATION

- 1 Preheat oven to 400°F.
- 2 Place fish in a baking dish and bake for approximately 20 minutes or until the fish is cooked through. The fish can also be steamed. Allow fish to cool.
- 3 To make the corn remoulade, mix all ingredients together. Refrigerate until ready to serve.
- 4 In a mixing bowl, flake the fish and combine it with the remaining fish cake ingredients, except for the olive oil. With a spoon, gently fold all the ingredients together.
- 5 Using your hands, shape fish cake mixture into 8 patties of equal size.
- 6 In a frying pan, heat the oil over medium heat. Fry the patties until golden, approximately 3 minutes per side.
- 7 Serve a dollop of remoulade on top of each fish cake and enjoy.

SUGGESTIONS

- ✓ *These fish cakes are versatile and may be served as an appetizer, as an entrée with salad, or as sliders in buns or mini pitas.*
- ✓ *Fish cakes can also be frozen. If you choose to freeze the uncooked patties, thaw them thoroughly (on a paper towel) before cooking to remove excess liquid.*



FISH CAKES WITH CORN REMOULADE



| Nutrient Analysis | |
|---------------------------|---------|
| PER SERVING | |
| 2 Fish Cakes | |
| Renal/Diabetic exchanges: | |
| 4 Meat + 1 Starch | |
| Calories | 276Kcal |
| Protein | 29g |
| Total Carbohydrate | 11g |
| Fiber | 1g |
| Sugars | 4g |
| Fat | 13g |
| Saturated | 3g |
| Cholesterol | 113mg |
| Sodium | 270mg |
| Potassium | 517mg |
| Phosphorus | 299mg |
| Calcium | 76mg |
| Iron | 2mg |
| Magnesium | 46mg |
| Vitamin C | 30mg |

| Diet Types | |
|--|---|
| <input type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Low-sodium and low-potassium breadings

With chronic kidney disease, the amount of protein in your diet is important. Regular intake is necessary to support your body's growth and overall health. Meeting with a renal dietitian can be helpful to determine the amount of protein you need based on how your kidneys are functioning. Different cuts of beef, fish, chicken and pork are all excellent selections of animal protein that can be incorporated into your diet. If your recipe choice includes an entrée with breading, consider the ingredients of the breading to avoid unnecessary salt and potassium commonly found in flavored bread crumbs.

When choosing items that are pre-prepared, pay attention to ingredient lists on labels for added seasonings that may be high in potassium. Percent daily values on the nutrition facts label can help you identify foods that contain added potassium. With future label changes, a percent daily value over 9% indicates the food item has 300 or more milligrams of potassium per serving.¹ If your preference is making a breaded entrée at home, consider using unseasoned breadcrumbs, crushed cornflakes or crunched, unsalted crackers for flavor.

1. National Kidney Foundation: Your Guide to the New Food Label. Available at: <https://www.kidney.org/atoz/content/foodlabel>. Accessed May 8, 2017.

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