

Hash Browned Fish Patties

Makes 4 servings

Finally! A kid-friendly way to serve up healthy fish. The base recipe can be altered to fit your favorite flavors. Try a little chili powder for heat, sauteed shallots for some sweet or horseradish for zing.

¼ - 1/3 lb. Yukon gold potato, peeled and cubed

1 pound mild fish fillets (such as cod, hake or halibut), steamed

1/2 cup white or red onion, minced

1/2 cup fresh cilantro or parsley, chopped

1 1/2 teaspoon salt

1 stalk of lemongrass minced fine or the zest of 1 lemon

1/2 c. panko crumb

2 large eggs

Grapeseed or canola oil

Lemon slices and Greek yogurt (optional)

Directions:

1. Place potato in a medium sauce pan. Add enough cold water to cover and turn heat to high. Once boiling, continue cooking an additional 10 minutes or until potato cubes are fork tender. Drain and cool. Smash cubes with a fork or your fingertips.
2. In a large bowl, gently flake the steamed fish with your fingers. Add potatoes and the remaining ingredients through the eggs. Mix gently with your hands; shape mixture into 12 patties. (These can be made hours in advance and refrigerated)
3. Heat 1 Tablespoons oil in a large skillet over medium high heat. Fry fish cakes in batches until golden brown and cooked through, adding more oil as needed, about 5 minutes per side.
4. Arrange fish cakes on plates. Serve with lemon slices or Greek yogurt.

Recipe courtesy of Chef Christina Dimacali of Clean Your Plate Philadelphia www.CYPlate.com