



Clean Fish Cakes

These are healthy clean eating fish cakes. ‘Clean eating’ is about eating whole foods, or ‘real’ foods that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible.”

Prep Time: 10 min

Cook Time: 10 min

Ready In: 20 min

Serving Size: 8 servings

Ingredients

- ✓ 12oz. can of white tuna in water (can very well drained)
- ✓ 2 egg
- ✓ 1 cup of old fashioned oats
- ✓ ¼ cup of Parmesan cheese, grated
- ✓ ½ tsp garlic powder
- ✓ 1 tsp dried parsley (or 4 tbsp. of finely chopped fresh parsley)
- ✓ 2 tbsp. of brown mustard
- ✓ Juice from 1 of a freshly squeezed lemon (or 2 tbsp. of lemon juice)
- ✓ Salt and pepper to taste

Directions

1. Combine all ingredients in a medium bowl stirring until combined.
2. Form 8 patties out of bowl mixture.
3. Cook in large pan with olive oil or butter, until patties are cooked through looking slightly golden brown on the outside, about 5 minutes on each side.

Nutrition

Amount per serving

- ❖ Calories: 95
- ❖ Total Fat: 2 g
- ❖ Total Carbs: 7 g
- ❖ Protein: 11 g
- ❖ Cholesterol: 40 mg
- ❖ Sodium: 191 mg
- ❖ Potassium: 93 mg