



Bountiful Florida Fish Cakes
(BFF Cakes) by Olivia L. Age 12 Florida

Fish Cakes:

- 1/2 cup black beans, rinsed, drained
- 3/4 pound skinless white fish, minced
- 1 egg white
- 1 cup cooked brown rice
- 1 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/2 cup whole wheat Panko breadcrumbs

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

Orange-You-Glad Yogurt Sauce

1/2 cup low fat plain yogurt
3 Tablespoons orange juice
1/2 teaspoon orange zest
Orange wedges for garnishing

Preheat oven to 375 degree F.

Prepare Fish Cakes: In large bowl, mash beans and combine all ingredients except breadcrumbs. Form into 4 patties, pressing to hold shape.

Line medium baking sheet with parchment paper or release foil. Put breadcrumbs on plate or waxed paper; coat fish cakes with breadcrumbs. Place each patty on lined baking sheet. Bake for 20 minutes or light golden brown and fish is cooked through.

For a browner crust: place under broiler for several minutes until golden brown.

Prepare Salsa: In medium bowl, toss salsa ingredients until well combined.

Prepare Sauce: In small bowl, stir all yogurt sauce ingredients together.

To Serve: Top each fish cake with Salsa and drizzle with Orange Yogurt Sauce. Sprinkle with additional cilantro if desired.

Olivia's Suggestion: Serve with orange wedges and glass of low fat milk.

For all the Winning Recipes: See: http://bento.cdn.pbs.org/hostedbento-prod/filer_public/HLC/2016_HLC_Cookbook_P.pdf

Cook's Note: I had better results mashing the beans and mincing the cod fish into small pieces. I added ¼ tsp. onion powder, ¼ tsp. chili powder and ½ tsp. cumin and ½ tsp. oregano in place of the smoked paprika. I lightly sprayed fish cakes with olive oil and broiled them for a few minutes. Be careful so you don't overcook the fish. I placed them on a serving platter accompanied by the salsa and yogurt sauce.

About the Recipe: Golden tender fish cakes, flavored with smoked paprika or your favorite seasoning contain healthy brown rice and delicious black beans. The tropical salsa and sunshine orange yogurt sauce provide a light refreshing touch served with the fish cakes.