



ORANGE ROUGHY CAKES

Ingredients

- 2 Lbs Of Orange Roughy (Or Tilapia, Cod, Grouper, Or Red Snapper) Fish
- 1/4 C. Chopped Green Onions
- 1/3 C. Chopped Green Pepper
- 2 Tbsp. Miracle Whip Light
- 1 Tsp. Celery Seeds
- 4 Egg Whites
- 1 1/2 C. Carb Careful Bread Crumbs (Or Low-Carb Bread Crumbs)

Directions

1. Preheat oven for low broiling.
2. Bake Orange Roughy or desired fish for recommended baking time for that particular fish.
3. Take fish after it is cooked and mash it in large mixing bowl until the filets are separated and are ground up.
4. Add onions, green peppers, miracle whip, celery seeds, egg whites, and the low carb bread crumbs to the fish. Mix together thoroughly.
5. Using your hands, form small patties out of the fish mixture.
6. Place patties on a baking sheet that has been lined with foil and has been sprayed with non stick cooking spray.
7. Broil cakes on low for 15-18 minutes or until lightly golden brown.