

Fish Cakes with Beans and Greens

Makes 12-15 fish cakes

I wish I took as good care of myself as I do my baby, where I'm obsessed with making sure he's getting enough nutrients like protein, fiber and omega-3s. I'm not a nutritionist, but I know enough to know this recipe has all of the aforementioned things. Weirdly, a great place for leftover cooked fish, you can also use tinned fish like mackerel or sardines if baby is into that.

Ingredients

- 1 15-ounce can cannellini beans, drained and rinsed
- 1 ½ cups finely chopped kale, swiss chard, spinach or broccoli
- 2 scallions or 1 garlic clove, finely chopped
- 2 large eggs
- 2 tablespoons panko breadcrumbs (or 1 tablespoon flour in a pinch)
- 1 ½–2 cups / 12–16 ounces cooked fish, such as trout, salmon, cod or haddock
- Kosher salt
- 2 tablespoons olive oil or clarified butter, for cooking

Preparation

1. In a large bowl, combine beans, greens and scallions. Use a fork and stir well, breaking up the beans to a coarse mash (can also use your hands). Add the eggs and breadcrumbs and stir to incorporate well. Add fish, season with salt, and stir until all is well blended– the mixture should be able to stay together well when you form little cakes with your hands.
2. Heat a thin layer of oil or clarified butter in a medium skillet over medium–high heat. Roll golf ball-sized portions of the fish mixture and slightly flatten slightly into thick little discs (these stay together best when thicker versus squished into flat patties). Add one by one and cook until golden brown on both sides, 3–4 minutes per side.
3. Transfer to a paper towel-lined plate and let cool before serving.

DO AHEAD: Fish cakes can be made 4 days ahead, stored in the refrigerator. They also freeze beautifully, up to 1 month ahead.