

Tilapia Croquettes



INGREDIENTS:

3 lbs tilapia fillets
3 scallions
1/2 onion
1/2 red pepper
1/2 cup carrots
1 cup mushrooms
1 cup baby spinach leaves
1 egg
1 t. garlic powder
1 t. paprika
salt and pepper to taste
(Any seasonings you may add are also good)
1 T. olive or sesame oil

DIRECTIONS:

Rinse tilapia and vegetables and pat dry with paper towel. Purée each item separately in a food processor and place in large bowl. Mix well and move mixture into a colander for 15 minutes to allow any excess water to drain. Put back in mixing bowl and add eggs and all remaining ingredients except oil. Stir till well blended. Form mixture into patties and set aside. (You may want to refrigerate them for 1/2 hour to make them a little firmer and easier to cook) Use oil to coat broiler pan or grill and cook about 10 minutes on each side or until brown. Serve with spicy mayo (recipe in article) or other dressing of your choice! Delicious hot, room temperature or cold!