Cooking Light's Thai Shrimp Cakes

Ingredients

- 2/3 cup panko (Japanese breadcrumbs), divided
- 1/4 cup minced unsweetened dried coconut, divided
- 2 tablespoons minced green onions
- 2 tablespoons finely chopped fresh cilantro
- 2 teaspoons fish sauce
- 2 teaspoons Sriracha (hot chile sauce)
- 1 1/2 teaspoons grated peeled fresh ginger
- 1 teaspoon lime juice
- 1 large egg, lightly beaten
- 1 garlic clove, minced
- 8 ounces peeled and deveined shrimp, chopped
- 1 tablespoon olive oil
- 1 lime, quartered

Preparation

- 1. 1. Combine 1/3 cup panko, 2 tablespoons coconut, and next 8 ingredients in a large bowl. Add shrimp; stir just until combined. Using wet hands, shape mixture into 4 equal balls. Combine remaining panko and coconut in a shallow dish. Coat balls in panko mixture; press to form 4 (4-inch) patties.
- Heat a large nonstick skillet over medium-high heat. Add oil; swirl to coat. Add patties; cook 4 minutes on each side
 or until desired degree of doneness. Serve with lime.

Christine Burns Rudalevige, *Cooking Light* APRIL 2013

Nutritional Information

Amount per serving

Calories: 165

• Fat: 8.7g

Saturated fat: 3.8g

Monounsaturated fat: 3.1g

Polyunsaturated fat: 0.7g

Protein: 11.2g

Carbohydrate: 10.3g

Fiber: 1.3g

Cholesterol: 118mg

Iron: 0.6mgSodium: 374mgCalcium: 44mg