

MARYLAND-STYLE CRAB CAKES



ingredients:

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| 2 Tablespoons fresh lemon juice | 1 cup finely chopped red bell pepper |
| 1 teaspoon Worcestershire sauce | 1/4 cup finely chopped scallion |
| 1 Tablespoon Dijon mustard | 1/4 cup finely chopped celery |
| 1 teaspoon hot pepper sauce | 2 Tablespoons fresh chopped parsley |
| 2 Tablespoons low-fat mayonnaise | 1 pound fresh jumbo lump crabmeat
(drained and picked) |
| 2 eggs, lightly beaten | 1/2 cup whole-wheat panko
breadcrumbs |
| 1 1/2 teaspoons ground coriander | 2 Tablespoons olive oil, divided |
| 1/4 teaspoon black pepper | |
| 1 teaspoon garlic powder | |

directions:

1. In a large bowl, whisk together lemon juice, Worcestershire sauce, Dijon mustard, hot pepper sauce, low-fat mayonnaise and eggs.
2. Stir in coriander, black pepper, garlic powder, bell pepper, scallions, celery, and parsley.
3. Gently fold in the crabmeat and panko.
4. Form 12 patties using about 1/3 cup of mixture for each. Place patties in refrigerator for 30 minutes.
5. Heat 1 tablespoon of olive oil in a non-stick pan over medium heat. Add 6 crab cakes and cook for about 5 minutes on each side, until golden brown on both sides and slightly firm. Transfer cooked crab cakes to a plate.
6. Add second tablespoon of olive oil to pan and repeat with second batch of crab cakes.

Yield: 12 crab cakes

Nutrition Information Per Crab Cake:

91 Calories
4.5 grams Fat
1 gram Saturated Fat
59 mg Cholesterol
191 mg Sodium
4 grams Carbohydrates
1 gram Fiber
8 grams Protein

Food exchanges:

1 protein, 1 vegetable



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