

Recipe of the Week

Mini Crab Cakes with Spicy Red Pepper Sauce

Makes about 24 small crab cakes, enough for 8 appetizer servings

These succulent two-bite crab cakes are excellent as an appetizer with the pepper sauce passed on the side or, for cocktail parties, give each one a small dollop of the sauce just before serving. You can fry them up to 2 days ahead and refrigerate between layers of waxed paper; reheat in a 200°F oven on baking sheets.

Ingredients

1 pound lump crab meat
4 green onions, thinly sliced
2/3 cup whole wheat bread crumbs
1 1/2 teaspoons Old Bay seafood seasoning
1/4 teaspoon ground black pepper
1 tablespoon Dijon mustard
1 egg
6 tablespoons mayonnaise, divided
1/4 cup chopped jarred roasted red bell pepper
2 teaspoons hot sauce
1 1/2 teaspoons grated lemon zest
1 tablespoon expeller-pressed canola oil, more needed



Method

Place crab meat in a large bowl and use your fingers to gently feel for and remove any pieces of shell or cartilage. Add green onions, bread crumbs, seafood seasoning and pepper and toss to combine. In a small bowl, whisk together mustard, egg and 2 tablespoons of the mayonnaise and pour over the crab mixture. Toss until combined, cover and refrigerate 30 minutes.

Meanwhile, make the sauce. In a blender, combine bell pepper, hot sauce, zest and remaining 4 tablespoons mayonnaise; blend until smooth. Cover and refrigerate until ready to serve.

Form the crab mixture into 24 small cakes, each about 1 1/2 inches in diameter. Heat oil in a large nonstick skillet over medium heat. Working in batches, fry cakes until nicely browned and cooked through, about 3 minutes per side. Drain briefly on a paper-towel lined plate and serve warm with the pepper sauce.

Nutrition

Per serving (about 3 cakes/99g): 150 calories (100 from fat), 11g total fat, 1.5g saturated fat, 45mg cholesterol, 340mg sodium, 6g total carbohydrate (1g dietary fiber, 1g sugar), 5g protein <http://www.wholefoodsmarket.com/recipes/2818>



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