

Low- Fat Baked Crab Cakes

*Executive Chef Michael Carmody C.E.C.
Greate Bay County Club*

Nutritional Facts

Serving Size: 8

Calories - 136

Protein - 15g

Fat - 1.8g

Sodium 469mg

Ingredients:

Non-stick cooking spray
1 egg white, lightly beaten
2 teaspoons Dijon mustard
1 teaspoon Worcestershire sauce
1 tablespoon fresh lemon juice
½ teaspoon Old Bay seasoning
Dash hot sauce
½ cup red bell pepper, finely chopped
1 scallion, finely chopped
¾ cup dry bread crumbs
5 oz. plain non-fat yogurt
1 pound lump crabmeat

Directions:

Preheat oven to 400 degrees . Coat a baking sheet with non-stick cooking spray. In a medium bowl, mix together egg white, lemon juice, Worcestershire sauce, yogurt, hot sauce and Old Bay seasoning. Stir in bell pepper and scallion. Gently fold in crabmeat and ¼ cup of the bread crumbs.

Divide the crab mixture in 8 mounds. Shape each mound into a round and coat in the remaining bread crumbs. Transfer to prepared baking sheet and flatten into patties. Bake until golden on the bottom, about 10 minutes. Gently flip the crab cakes and cook until golden brown, 5 to 10 minutes. Serve crab cakes with Smarter Tarter Sauce

Smarter Tarter Sauce

Ingredients:

6 tablespoons plain non-fat yogurt
2 tablespoons low-fat mayonnaise
1 scallion, finely chopped

¼ cup sour pickles, finely chopped
1 tablespoon lemon juice
1 tablespoon chopped capers

Directions:

Put yogurt into a small bowl. Combine remaining ingredients and stir into yogurt.

