

Lump Crab Cakes with Bistro Sauce

Ingredients:

For the crab cakes:

Lump Crabmeat	1 cup
Red Pepper, diced	¼ cup
Green Onion, sliced	1 Tbsp
Parsley	1 Tbsp
Light Mayonnaise	2 Tbsp
Egg whites	2
Black Pepper	¼ tsp
Old Bay Seasoning	1 tsp
Bread crumbs	¼ cup
Olive Oil	1 ½ Tbsp

For the Bistro Sauce:

Minced Garlic (roasted preferred)	1 Tbsp
Light Mayonnaise	¾ cup
Prepared Horseradish	2 tsp
Spicy Brown Mustard	1 Tbsp
Fresh Oregano, Parsley, Thyme	¾ tsp of each
Lemon Juice	1 tsp
Tabasco	¾ tsp
Paprika	¼ tsp

Preparation:

To prepare the bistro sauce: combine the ingredients until well blended. Refrigerate until thoroughly chilled.

To prepare the crab cakes: Gently combine crabmeat, red pepper and scallions in a medium bowl. In another bowl, combine bread crumbs, parsley, mayo, egg whites, black pepper, and Old Bay seasoning. Combine both mixtures together and refrigerate for 30 minutes. Once chilled, use a ¼ cup measure to scoop out 2 oz cakes onto paper lined sheet pans. Heat oil in a skillet and place each cake on the oil, flattening slightly. Pan fry for about 2-3 minutes on each side until the crab is cooked thoroughly (has an internal temperature of 145 °F.) If the cakes start to burn on the outside before they are cooked through, finish cooking them in a 350° oven. Drain on paper towels.

To serve, place 2 crab cakes on each plate and top each cake with 1 Tbsp bistro sauce. To make a complete meal, serve with roasted corn on the cob and a green salad.

Serves 2.

Nutrition per serving: 251 calories, 7 g fat (2 g sat fat), 11 g carbs, 22 g protein, 80 mg cholesterol, 466 mg sodium

Learn more at
www.Mindful.Sodexo.com

 MUSC Food and Nutrition
 MUSC_FaN



SAVOR
 THE FLAVOR
 OF EATING
 RIGHT

NATIONAL NUTRITION MONTH® 2016

 Academy of Nutrition
 and Dietetics
www.eatright.org