

RECIPE OF THE MONTH!

Crab Cakes

This past week, you should have received the Trader Joe's booklet...I am sitting here skimming through and thank goodness, good ol' Trader Joe's reminded me how delicious their canned crab meat is! At first, I was skeptical myself, but trust me...this is good stuff. So let's revisit this protein-packed feast and make a meal out of it! It seems like a lot of ingredients but it will be worth it!



Ingredients:

Two 6-oz. cans crabmeat, drained (about 1 cup drained crabmeat)
2 1/2 slices light bread (40 - 45 calories each with around 2g fiber per slice), lightly toasted
¼ cup fat-free swiss or mozzarella cheese, shredded, ROOM TEMPERATURE (KRAFT makes a good version)
3 TBS fat-free liquid egg substitute (or 1 large egg white)
2 TBS finely diced onion
2 TBS finely diced celery
1 TBS fat-free mayonnaise
1/2 TBS Best Foods/Hellmann's Dijonnaise
1/2 TBS finely chopped parsley
1 tsp minced garlic
1/2 tsp lemon juice
6 sprays of spray butter (such as [Parkay Spray](#) or [I Can't Believe It's Not Butter Spray](#))
1/4 tsp Worcestershire sauce
dash hot pepper sauce (like Tabasco)
dash salt, or more to taste (if you prefer)
dash black pepper, or more to taste
PAM nonstick spray
Optional: lemon wedges

Directions:

Preheat oven to 450 degrees.

Tear lightly toasted bread into pieces and place in a food processor or blender. Pulse until reduced to breadcrumbs, and then transfer to a medium bowl. I have also used Shredded Wheat as bread crumbs before. Use the method you prefer.

Add crabmeat, parsley, garlic, salt, and black pepper to the bowl, and gently mix until combined. Add onion and celery, then lightly mix again. Set aside.

Add shredded cheese to a small bowl. Add egg white, mayo, Dijonnaise, lemon juice, spray butter, Worcestershire sauce, and hot pepper sauce. Whisk until smooth and pour over the crabmeat mixture.

Using a rubber spatula, gently fold the liquid mixture into the crabmeat mixture. If you like, add additional salt and black pepper to taste.

Prepare a medium-large baking dish (such as a Pyrex glass dish) by spraying with PAM nonstick spray. Take one-third of the crab cake mixture (about 3/4 cup) from the bowl. Gently form into a ball, place it in the baking dish and flatten into a cake about 1-inch thick -- repeat twice with remaining crab mixture so that you have 3 cakes in the baking dish.

Bake in the oven for 14 - 15 minutes until the cakes are slightly firm and cooked through. Remove carefully from the dish and serve with additional lemon wedges for squirting!

MAKES 3 SERVINGS