

MARYLAND CRAB CAKES

SERVES 4

Nutrition Facts: 350 calories, 17g fat, 4g saturated fat, 820mg sodium, 19g carbohydrates, 0g fiber, 30g protein

HEALTHIER TRADITIONS COOKBOOK

American Classics

Ingredients

Crab Cakes

- 2 tablespoons mayonnaise
- 2 tablespoons reduced fat cream cheese
- ¼ cup plain low-fat yogurt
- 1 egg, lightly beaten
- 1 tablespoon Dijon mustard
- ½ teaspoon hot sauce
- juice of ½ lemon
- ½ teaspoon Old Bay seasoning
- ¼ teaspoon black pepper
- 1 pound jumbo lump crab meat
- 1 scallion, minced
- ½ cup crushed low-sodium saltine crackers (or bread crumbs)

Spicy Tartar Sauce

- 6 tablespoons plain low-fat yogurt
- 2 tablespoons mayonnaise
- juice of ½ lemon
- 1–2 teaspoons hot sauce (to taste)
- 2 tablespoons sweet pickle relish
- 1 scallion, minced

Directions

1. In a medium bowl, whisk together mayonnaise, cream cheese, yogurt, egg, mustard, hot sauce, lemon juice, and seasonings. Add crab meat, scallion, and crackers and gently fold the mixture together to combine. Cover and refrigerate for 1–2 hours.
2. Whisk together all ingredients while crab mixture chills, make Spicy Tartar Sauce. Whisk together all ingredients in a small bowl. Cover and refrigerate until ready to serve.
3. Preheat oven to 400°F. Lightly brush a baking sheet with a high-heat cooking oil. Form 8 equal-sized crab meat patties. Place all crab cakes on baking sheet and flatten until about 1 inch thick.
4. Bake crab cakes 8–10 minutes, until bottom is golden brown. Flip the crab cakes and cook another 5–8 minutes, until second side is golden brown.
5. Serve with lemon wedges and tartar sauce.

