CRAB CAKES

INGREDIENTS:

16 oz	Jumbo lump crab meat
3 tbsp	Mayonaise, reduced fat
2 tsp	Dijon mustard
2 each	Eggs
¼ cup	Panko bread crumbs
½ cup	Red bell pepper, small diced
½ cup	Chives, finely minced
1 tbsp.	Olive oil (for all searing of crab cakes)

METHOD:

- Pre-heat oven to 450 degrees.
- Combine all ingredients until just mixed - make sure not to overwork the crab meat. Portion into 2 ounce crab cakes.
- Heat a sauté pan over medium-high heat. Cook crab cakes until browned on both sides.

- CHEF'S NOTE: The nutrition data is for a 4 ounce serving as an entree. For a 2 ounce appetizer, adjust accordingly.

Serves: 4
Serving Size: 4 oz
Calories: 120
Fat: 6 gm **Sodium:** 440 mg **Carbohydrates:** 4 gm **Protein:** 14 gm **Fiber:** 0 gm