

CRAB CAKES



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	37g blue crab meat	3.7 (+3.7g fat)
Fat	20.2g mayonnaise (in crab cake)	3.3 (+3.7g)
	----- 13.5g mayonnaise (in dip)	----- 2.7
Carbohydrate	3.8g fresh, raw onion	0.4
	----- choice of vegetable served on the side	----- 0.9
Other	pinch of garlic powder, onion powder, black pepper, salt, paprika	

DIRECTIONS

- Preheat the oven to 350° F.
- Puree the onion using a food processor or blender.
- In a small bowl, combine the onion, crab meat and mayonnaise.
- Season to taste with garlic powder, onion powder, salt, pepper and paprika.
- Line a baking sheet with parchment paper.
- Scoop the crab cake mixture onto the parchment paper forming small mounds.
- Place in the preheated oven and bake for 15-20 minutes until golden brown.
- Allow the crab cakes to cool slightly before serving.

NOTES

- Other great ideas for the protein in this recipe are: fish, lobster, chicken, salmon, tuna, shrimp, etc.
- This recipe freezes well and can be reheated in a toaster or convention oven.