



# Healthy Crab Cakes

*We are so fortunate to live in Maine and have access to fresh seafood that it's easy to incorporate seafood into holiday meals. These crab cakes are perfect as an appetizer. Happy holidays! ~ Charlene*

## INGREDIENTS

1 large egg, beaten

2 tbsp Dijon mustard

1 tsp Worcestershire sauce

2 tbsp lemon juice

1 tsp Old Bay seasoning

8 oz. crabmeat (Harbor Fish in Portland and Scarborough have 8 oz. fresh packed containers)

1/2 cup panko breadcrumbs (I use gluten-free crumbs)

2 tbsp chopped fresh parsley

Salt and pepper to taste

Continued on reverse



Happy Holidays 2022 From Marshall Communications



# Healthy Crab Cakes continued

## DIRECTIONS

Whisk the egg and next four ingredients in a small bowl. Add the crab to a large bowl. Taking care not to break up the crab too much, fold in the panko and parsley just until incorporated. Gently fold in the egg mixture. Scoop or roll each part in your hand and form into a patty. Place the patties on a plate. Chill for at least 15 minutes. Heat a skillet over medium-high heat. Add about 1 tbsp of oil. Sear the patties 2-3 minutes per side, until golden brown. Flipping once. Serve the crab cakes warm. This will make 6-8 appetizer-sized cakes.

