



Best-Ever Crab Cakes



1/4th of recipe (1 large crab cake): 119 calories, 3g total fat (1g sat. fat), 368mg sodium, 8g carbs, 0.5g fiber, 1g sugars, 14g protein

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Prep: 20 minutes **Cook:** 20 minutes



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Ingredients

1/2 cup panko breadcrumbs
1 1/2 tsp. finely chopped parsley
Dash each salt and black pepper
8 oz. (about 1 cup) canned lump crabmeat, drained
2 tbsp. finely chopped onion
2 tbsp. finely chopped celery
1 tsp. chopped garlic
2 tbsp. reduced-fat cream cheese
3 tbsp. (about 2 large) egg whites or fat-free liquid egg substitute
1 tbsp. light mayonnaise
1 1/2 tsp. Hellmann's/Best Foods Dijonnaise (or another creamy mild Dijon mustard)
1/2 tsp. lemon juice
1/2 tsp. light butter
Optional: additional Dijonnaise (for dipping), lemon wedges (for squirting)

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a medium-large bowl, combine breadcrumbs, parsley, salt, and pepper. Mix well. Add crabmeat, onion, celery, and garlic. Mix until uniform.

In a medium bowl, stir cream cheese until smooth. Add egg, mayo, Dijonnaise, lemon juice, and butter. Whisk until smooth and uniform. Fold into crabmeat mixture.

Evenly form mixture into 4 balls, and place on the baking sheet, evenly spaced. Flatten each one into a patty about 1-inch thick. Bake for 8 minutes.

Carefully flip patties. Bake until firm, lightly browned, and cooked through, about 8 more minutes.

MAKES 4 SERVINGS

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