

Crab Cakes



Preparation Time: 45 minutes

INGREDIENTS:

2	egg whites
½ cup	dry unseasoned bread crumbs
⅓ cup	minced green onions
⅓ cup	minced red bell peppers
½ cup	nonfat mayonnaise
1 tsp.	Old Bay® Seasoning
1 tbsp.	fresh lemon juice
	dash of salt
1 pkg.	(16 oz.) Louis Kemp Crab Delights® Easy Shreds
	additional dry unseasoned bread crumbs
	vegetable oil cooking spray

Beat egg whites in large bowl. Add ½ cup bread crumbs, green onions, bell pepper, mayonnaise, Old Bay Seasoning, lemon juice and salt; stir to combine. Separate crab shreds with a fork and stir into bread crumb mixture. Shape crab mixture into 6 patties, about 4 inches across. Or, shape into 24 patties, about 2 inches across. Sprinkle both sides of patties with additional bread crumbs and spray lightly with cooking spray. Heat large nonstick skillet over medium heat. Add patties and cook 8 to 10 minutes or until hot, turning once.

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