



Crab Cakes

SERVINGS: 4

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 1 lb Lump crab meat
- 1/2 cup Onion (chopped finely)
- 3 tbsp Wholesome Yum Blanched Almond Flour (or crushed pork rinds for nut-free)
- 1/4 cup Egg white
- 2 tbsp Mayonnaise
- 1 tsp Worcestershire sauce
- 1 tsp Mustard
- 1 tbsp Dried parsley
- 1 tbsp Old Bay seasoning
- 2 tbsp Olive oil (divided)

Directions

1. Heat two teaspoons of olive oil in a skillet over medium heat. Saute chopped onion for about 10 minutes, until translucent and lightly browned.
2. Meanwhile, in a large bowl, mix all other ingredients except the crab meat and remaining olive oil. When everything is well combined, add the sauteed onions.
3. Fold in crab meat very gently avoiding breaking up the lumps of crab meat.
4. Form 4 patties and place on a lined baking sheet or cutting board.
5. Refrigerate for at least 30 minutes
6. Fry crab cakes on a skillet over medium heat, in two batches. Use about two teaspoons of oil for each batch, and cook for about 3-5 minutes per side, until browned.

MACROS: 129kcal, 8g Total Fat, 2.5g Carbs, 1g Sugar, 12g Protein 1g Fiber