

Baked Crab Cakes

Rona

I've had my share of crab cakes in my life. I really love them. They're versatile. You can get them as an appetizer or main course. Some of the best I've had were in Maryland. These were succulent because they were mostly crab meat with very little filling, and they had that legendary taste of Old Bay seasoning. Of course....they were fried. That's the way crab cakes are cooked. They're fried. I don't eat a lot of fried foods. As good as they taste going down, they don't look as good on my hips or on the scale.

I love rich flavor of crab and I don't want to give up eating them, so I made these baked cakes that taste almost exactly like the fried ones. What's the difference? They're not loaded with oil.

I made a bunch of them and had both garlic aioli and cocktail sauce on the side. After dinner, I wrapped the leftovers individually and froze them. They're great for grabbing out of the freezer in the morning to have that night.

Serve them on buns, over greens or with a side of sauteed kale. Yummy!

Baked Crab Cakes

Serves 8

Ingredients

- 4 tablespoons light mayonnaise
- ½ red bell pepper, diced
- 4 green onions, thinly sliced
- 1 teaspoon dry mustard
- ½ tsp Old Bay seasoning
- About ½ cup panko breadcrumbs, plus extra for breading
- 2 teaspoons lemon juice
- Dash of hot sauce
- 1 pound crab meat, picked over for shells
- Salt and pepper, to taste
- Olive oil
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Directions

Preheat oven to 425 degrees.

Place mayonnaise, bell pepper, green onions, mustard, ½ cup breadcrumbs, lemon juice and hot sauce in a large mixing bowl. Stir together to combine.

Gently fold in crab meat and toss together. Add more bread crumbs if mixture does not hold together when squeezed. Season with salt and pepper.

Divide crab mixture into 8 round cakes. Place extra panko in a shallow dish. Dredge each crab cake in panko and place on a parchment-lined sheet pan. Drizzle the tops lightly with olive oil and then bake until golden brown on bottom. Flip cakes over and continue baking until golden brown all over, about

15-20 minutes on each side.