

Crab Cakes

Ingredients

- 2/3 cup panko (Japanese breadcrumbs), divided
- 1 tablespoon minced fresh flat-leaf parsley
- 2 tablespoons finely chopped green onions
- 2 tablespoons canola mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Old Bay seasoning
- 1/2 teaspoon Worcestershire sauce
- 1/8 teaspoon kosher salt
- 1/8 teaspoon ground red pepper
- 1 large egg, lightly beaten
- 8 ounces lump crabmeat, shell pieces removed
- 1 tablespoon olive oil
- 1 lemon, quartered

Nutritional Information

One Cake

- Calories 181
- Fat 7.8g
- Satisfat 0.9g
- Monofat 4.2g

- Polyfat 1.4g
- Protein 16.3g
- Carbohydrate 8.8g
- Fiber 1g
- Cholesterol 107mg
- Iron 0.9mg
- Sodium 482mg
- Calcium 70mg

How to Make It

Step 1

Combine 1/3 cup panko and next 10 ingredients (through egg) in a large bowl, stirring well. Add crab; stir gently just until combined. Place remaining 1/3 cup panko in a shallow dish. Using wet hands, shape crab mixture into 4 equal balls. Coat balls in panko. Gently flatten balls to form 4 (4-inch) patties.

Step 2

Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add patties; cook 3 minutes on each side or until golden. Serve with lemon wedges.

Step 3

Variation: Salmon Cakes Prepare Classic Crab Cakes recipe, substituting 8 ounces cooked, flaked salmon for the crab. Serves 4 (serving size: 1 salmon cake and 1 lemon wedge) Calories 210; Fat 11g (sat 4g); Sodium 307mg

Cajun Remoulade Sauce

Good on crab cakes, fried green tomatoes and po boys.

- **Prep time:** 10 minutes
- **Yield:** Makes about 1 1/2 cups

INGREDIENTS

- 1 1/4 cups mayonnaise
- 1/4 cup mustard (Creole mustard if possible)
- 1 Tbsp sweet paprika
- 1-2 teaspoons Cajun or Creole seasoning
- 2 teaspoons prepared horseradish
- 1 teaspoon pickle juice (dill or sweet, your preference)
- 1 teaspoon hot sauce (preferably Tabasco)
- 1 large clove garlic, minced and smashed

METHOD

Mix all the ingredients together in a medium bowl. The remoulade is better if left for a few hours to let the flavors meld. Keep refrigerated.

Spicy Vinegar Coleslaw

Prep Time

20 mins

Cook Time

5 mins

Total Time

25 mins


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A delicious, easy and spicy vinegar coleslaw recipe!

Servings: 8

Ingredients

- 1 head cabbage finely shredded (or use bagged coleslaw mix and omit carrots below)
- 2 carrots grated
- 1 red bell Pepper finely chopped
- 1 small sweet onion finely chopped
- 2-3 jalapeño peppers make it serranos or habaneros, depending on how much heat you'd like

DRESSING

- 1 cup sugar
- 1 tsp salt
- 2/3 cup vegetable or grape seed oil
- 1 tsp dry mustard
- 1 tsp celery seed
- 1/4 tsp freshly ground black pepper
- 1 cup apple cider vinegar

Instructions

1. Combine coleslaw vegetable ingredients; chopped cabbage, chopped bell pepper, chopped onions, grated carrots and jalapeños in a large serving bowl.
2. In a saucepan over medium heat, combine dressing ingredients; bring to a boil. Simmer, stir until sugar is dissolved.
3. Once sugar is dissolved, pour over vegetables and toss well.
4. Cover and refrigerate until thoroughly chilled. Then serve!

Recipe Notes

You can cheat and buy the already shredded bags of cabbage (red and green mix with carrots), and then just add the rest of the veggies. It's just as good, I do it all the time.