



LOW COUNTRY CRAB CAKES

- 4 cans **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 3 tablespoons finely diced red onion
- 1 1/2 tablespoons finely diced celery
- 1 clove garlic, minced
- 1 tablespoon spicy mustard
- 1 tablespoon hot sauce
- salt and black pepper to taste
- 1/2 cup mayonnaise
- Japanese bread crumbs
- 3 tablespoons olive oil



Combine the first 7 ingredients in a large bowl and mix well. Add mayonnaise and bread crumbs in small amounts until the desired consistency is achieved. Form 8 cakes and set aside. Heat the oil in a frying pan and sauté cakes until golden brown. *Serves 4.*

NOTE: Serve with tartar sauce or a fresh green salad.

Per Serving: 291 Calories (178 Calories from Fat), 20g Fat, 19g Protein, 8g Carbohydrate, 118mg Cholesterol, 858mg Sodium