



Crab Cakes

Crab cakes are one of those foods that my eyes naturally gravitate toward on a menu!

But it's almost impossible to find them without bread crumbs, panko or some other binding agent. But you really don't need an ingredient to help it stick together. The egg does a good job, but, yes, it may fall apart on your plate but you won't care after you taste it! Now we can have our crab cakes and eat them, too!

INGREDIENTS

1 pound crabmeat (Lump, Tail or Claw)

1 egg

1/4 cup mayonnaise

2 tablespoons Mustard

2 teaspoons Old Bay seasonings

1/4 lemon, zested and juiced

Optional: Chopped parsley and lemon wedges for garnish

DIRECTIONS

Preheat oven to 350°F. In a large mixing bowl mix the egg, mayonnaise, mustard, Old Bay, lemon zest and juice. Squeeze the excess water out of the crab meat before folding it into the other ingredients. Don't over mix. Grease the muffin tin. Divide mixture into the cups of a large muffin pan. Bake until golden brown on the top, about 30-40 minutes. Let cool before removing from muffin pan. Makes 6 crab cakes; 115 calories each.