

# MARYLAND CRAB CAKES



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

- ★ Avocado oil spray
- ★ 8 ounces lump crab meat, drained
- ★ 1 large egg white
- ★ 6 whole wheat saltine crackers, finely crushed
- ★ ¾ teaspoon Chesapeake Bay seasoning
- ★ 1 tablespoon thinly sliced chives
- ★ 1 teaspoon Dijon mustard
- ★ 1 tablespoon avocado oil mayonnaise
- ★ 1 teaspoon Worcestershire sauce
- ★ 1 teaspoon lemon juice
- ★ Black pepper

### Tartar Sauce (Yield: ½ cup - 3.9 ounces)

- ★ 2 tablespoons avocado oil mayonnaise
- ★ ¼ cup plain low-fat greek yogurt
- ★ 1 teaspoon capers, drained, rinsed, chopped
- ★ 1 tablespoon finely chopped cornichon or gherkin pickles
- ★ ½ teaspoon Dijon mustard
- ★ 1 teaspoon thinly sliced chives
- ★ 1 teaspoon minced shallot
- ★ 1 teaspoon lemon juice
- ★ Black pepper, to taste

### Cocktail Sauce (Yield: ¼ cup + 1½ tablespoons - 3.5 ounces)

- ★ ⅓ cup no sugar added ketchup
- ★ 1 tablespoon prepared horseradish
- ★ 1 teaspoon Worcestershire sauce
- ★ 1½ teaspoons lemon juice
- ★ ¼ teaspoon Chesapeake Bay seasoning
- ★ Lemon wedges, for serving

## DIRECTIONS

Line a small baking tray with parchment paper and lightly spray with oil. In a large bowl, combine mayonnaise, chives, egg white, Dijon mustard, Worcestershire sauce, Chesapeake Bay seasoning, lemon juice, and black pepper. Stir in crushed crackers. Gently stir in crab meat just until combined. Divide mixture into four portions, an ice cream scoop works well for this, pressing gently to form a slightly domed crab cake. Refrigerate the crab cakes for 30 minutes.

Refrigerating the crab cakes prior to baking allows the egg and cracker binders to firm up and hold the crab cakes together during baking. A spring-loaded ice cream scoop makes easy work of portioning the crab cakes. If you do not have one, a half cup dry measure works well, too.

Heat the oven to 450 degrees F. While the oven is heating, prepare sauces. In a medium bowl, combine yogurt, mayonnaise, pickles, capers, shallot, chives, Dijon mustard, lemon juice, and pepper. Transfer to a serving dish and refrigerate until needed.

In a separate medium bowl, combine ketchup, horseradish, Worcestershire sauce, lemon juice, and Chesapeake Bay seasoning. Transfer to a serving dish and refrigerate until needed.

Remove crab cakes from the refrigerator and lightly spray tops with oil. Bake until light golden brown on top and edges, 12 to 15 minutes. Divide crab cakes and sauces among plates and serve with lemon wedges.

### Serving Size and Nutritional Information:

**Serves 4** (Serving Size 1 Cake = 89 g)

**120 Calories Per Serving, 3 g Total Fat,**

**5 g Total Carbohydrates, 15 g Protein**

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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