

## **Seafood Burgers**

Angela Shelf Medearis - The Kitchen Diva's Diabetic Cookbook  
Palm Beach Post

**Servings: 6**

**1 pound imitation crabmeat (or canned tuna packed in water, or canned salmon)**  
**1 large egg, lightly beaten**  
**1/2 cup whole-wheat panko breadcrumbs**  
**1/4 cup plain low-fat Greek yogurt**  
**2 tablespoons low-fat mayonnaise**  
**1/3 cup celery, finely chopped**  
**1/4 cup red bell pepper, finely chopped**  
**2 scallions (including the green parts), finely chopped**  
**1 teaspoon Dijon mustard**  
**1 tablespoon lemon juice**  
**1 teaspoon poultry seasoning**  
**1/4 teaspoon cayenne pepper**  
**1 teaspoon ground black pepper**  
**6 whole-wheat hamburger buns, split and toasted**  
**1/2 cup romaine lettuce, shredded**  
**1 avocado, peeled, pitted and sliced**

In a large bowl, combine the crabmeat, egg, breadcrumbs, yogurt, mayonnaise, celery, bell pepper, scallions, mustard, lemon juice, poultry seasoning, cayenne and black pepper. Mix gently, then form into six patties. Refrigerate for 30 minutes.

Preheat the oven to broil.

Coat a baking sheet with cooking spray. Arrange the patties on the prepared baking sheet.

Broil for 3 to 4 minutes. Carefully flip and broil for another 3 to 4 minutes, or until golden brown.

Place each burger in a toasted bun and top with lettuce and avocado slices.

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Per Serving (excluding unknown items): 86 Calories; 7g Fat (72.6% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 55mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.