

## **Basil Crab Cakes**

Priscilla Gilbert - Indian Harbour Beach, FL  
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**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 10 minutes**

**1 egg white**  
**1/4 cup mayonnaise**  
**2 tablespoons fresh basil, minced**  
**2 teaspoons Dijon mustard**  
**2 teaspoons Worcestershire sauce**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**2 drops hot pepper sauce**  
**1/2 pound lump crabmeat, drained**  
**6 saltines, finely crushed**  
**1 tablespoon canola oil**  
**seafood cocktail sauce (optional)**

In a small bowl, combine the egg white, mayonnaise, basil, Dijon mustard, Worcestershire sauce, salt, pepper and hot sauce.

Stir in the crab and cracker crumbs.

Refrigerate for at least 30 minutes.

Shape the mixture into four patties.

In a large skillet, cook the crab cakes in batches in the oil for 3 to 4 minutes on each side or until golden brown.

Serve with cocktail sauce, if desired.

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Per Serving (excluding unknown items): 187 Calories; 16g Fat (74.2% calories from fat); 11g Protein; 1g Carbohydrate; trace Dietary Fiber; 49mg Cholesterol; 449mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.