

# Crab Cakes with Cilantro Salsa

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## **Yield: 16 crab cakes**

### *CILANTRO SALSA*

*1 can (15 ounce) black beans, rinsed and drained*

*1 can (11 ounce) whole kernel sweet corn, drained*

*1 large (one cup) tomato, chopped*

*2 tablespoons lime juice*

*1 tablespoon olive or vegetable oil*

*1/2 cup fresh cilantro, chopped*

*1/4 cup red onion, chopped*

*2 teaspoons ground cumin*

*1 teaspoon sugar*

*1/4 teaspoon salt*

### *CRAB CAKES*

*3 cans (6 ounce ea) crabmeat, drained*

*1/2 cup green bell pepper, finely chopped*

*1/2 cup Italian style bread crumbs*

*1/4 cup cilantro, chopped*

*1 medium green onion, sliced*

*1/4 teaspoon salt*

*1/8 teaspoon cayenne pepper*

*2 tablespoons mayonnaise or salad dressing*

*1 egg, beaten*

*2 tablespoons vegetable oil*

*2/3 cup Italian style dry bread crumbs*

## **Preparation Time: 30 minutes**

**Make the salsa:** In a bowl, stir together the black beans, corn, tomato, lime juice, olive oil, cilantro, onion, cumin, sugar and salt. Cover.

Refrigerate until needed.

**Make the crab cakes:** In a bowl, stir together the crabmeat, green pepper, bread crumbs, cilantro, green onion, salt, cayenne, mayonnaise and egg.

Shape the mixture into sixteen cakes about two inches in diameter.

In a twelve-inch skillet, heat the vegetable oil over medium heat. Coat the crab cakes in the breadcrumbs. Cook in the oil for 3 to 4 minutes on each side, turning once, until golden brown. Drain on paper towels.

Serve with the salsa.

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Per Serving (excluding unknown items): 1457 Calories; 41g Fat (25.2% calories from fat); 126g Protein; 149g Carbohydrate; 35g Dietary Fiber; 528mg Cholesterol; 2375mg Sodium. Exchanges: 8 1/2 Grain(Starch); 13 Lean Meat; 3 Vegetable; 0 Fruit; 6 Fat; 1/2 Other Carbohydrates.