

Seafood

Eastern Shore Crab Cakes

Taste of Home

Servings: 3

Start to Finish Time: 25 minutes

1 egg, beaten

1/2 cup dry bread crumbs

1/2 cup mayonnaise

3/4 teaspoon seafood seasoning

1/2 teaspoon lemon juice

1/2 teaspoon Worcestershire sauce

1/8 teaspoon white pepper

1 pound fresh lump crabmeat

2 tablespoons canola oil

In a large bowl, combine the egg, bread crumbs, mayonnaise, seafood seasoning, lemon juice, Worcestershire sauce and pepper. Fold in crab. Shape into six patties.

In a skillet, cook crab cakes in oil for 4-5 minutes on each side or until browned.

Per Serving (excluding unknown items): 440 Calories; 43g Fat (84.1% calories from fat); 5g Protein; 13g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 395mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 5 Fat; 0 Other Carbohydrates.