

Crab Cakes

1 beaten egg
1/2 cup Edward & Sons Lightly Salted Organic Breadcrumbs
2 tablespoons Spectrum Organic Mayonnaise
1 tablespoon thinly sliced green onion
2 teaspoons chopped fresh dill, or 1/2 teaspoon dried dill
1/2 teaspoon Old Bay seafood seasoning
1/4 teaspoon black pepper
1 cup crabmeat

1. In a medium mixing bowl, combine egg, breadcrumbs, mayonnaise, green onion, dill, seafood seasoning, and pepper.
2. Stir in flaked crabmeat.
3. Divide mixture into 4 portions, and form each portion into a 2-1/2 inch patty.
4. Pan fry patties in a skillet in 1 tablespoon heated olive oil over medium heat for 5 to 6 minutes, or until brown, turning halfway through cooking. Drain on paper towels.
5. Serve with tartar sauce and/or cocktail sauce. We like the all-natural Captain Toady's brand.

Makes 2 servings.

Source: Adapted from a recipe in *Better Homes & Gardens New Cookbook*, 12th edition.

Comments: I like using Edward & Sons breadcrumbs because they are chopped very fine and have less sodium than other packaged breadcrumbs, but it may be hard to find their product. If I don't have those on hand, I also have had good success with this recipe using unsalted soda crackers ground fine with a rolling pin. I use organic mayonnaise that is made with canola oil. The 1/2 cup of breadcrumbs is approximate, as I usually add the breadcrumbs last (but before the crab) so that I can use just enough to make the consistency firm after blending in the crabmeat. We like to serve these crab cakes with coleslaw, barbecued corn on the cob, and bread.