



Crab Cakes with Tarragon

Recipe Courtesy Chef Bryan Woolley

Sauce

1/3 cup low fat mayonnaise
1/4 cup sweet pickle relish
2 Tbsp skim milk
1 Tbsp Dijon mustard
1 Tbsp chopped fresh tarragon or 1 tsp dried
2 tsp chopped fresh parsley

Crab Cakes

1 pound fresh crabmeat
1/4 cup low fat mayonnaise
1/3 cup finely chopped green onion
1 Tbsp Dijon mustard
1 large egg white
6 drops hot pepper sauce
1/2 cup unseasoned bread crumbs, divided

1. In small bowl, combine sauce ingredients. Cover and refrigerate until ready to use.
2. In medium bowl, combine crab cake ingredients with 1/2 of the bread crumbs. Form into 3-inch patties and coat each in remaining bread crumbs. Should make about 8 patties.
3. Coat large non-stick skillet with cooking spray; heat to medium-high. Cook cakes, in two batches, about 4 minutes per side or until golden brown. Serve with sauce. Serves 4.

Nutrition Facts

Serving size: two cake plus 3 Tbsp sauce

Calories	280
Total Fat	7g
Saturated Fat	2g
Cholesterol	70mg
Carbohydrates	24g
Sodium	580mg
Protein	28g

Diabetic Exchanges

Protein:	2
Carbohydrates:	1
Fat:	1