

Herbed Cornmeal Crab Cakes

Taste of Home

Servings: 2

Start to Finish Time: 30 minutes

CORNMEAL COATING

2 tablespoons cornmeal

2 tablespoons dry bread crumbs

1 tablespoon all-purpose flour

1/4 teaspoon garlic powder

1/8 teaspoon onion powder

1/8 teaspoon salt

CRAB CAKES

1 egg, beaten

1/4 cup dry bread crumbs

2 tablespoons chives, minced

1 tablespoon fresh parsley, minced

1 1/2 teaspoons fresh thyme, minced

1 tablespoon mayonnaise

1 tablespoon tartar sauce

2 teaspoons spicy brown mustard

1/2 teaspoon lemon juice

1/2 teaspoon Worcestershire sauce

1/4 teaspoon celery salt

1 can (6 oz) crabmeat, drained, flaked and cartilage removed

2 tablespoons canola oil

In a shallow bowl, combine the six cornmeal coating ingredients; set aside.

In a large bowl, combine the egg, bread crumbs, chives, parsley, thyme, mayonnaise, tartar sauce, mustard, lemon juice, Worcestershire sauce and celery salt. Fold in the crab. Shape into four patties; coat with cornmeal mixture.

In a large skillet over medium heat, cook crab cakes in oil for 3-4 minutes on each side or until golden brown.

Per Serving (excluding unknown items): 314 Calories; 14g Fat (41.5% calories from fat); 19g Protein; 26g Carbohydrate; 1g Dietary Fiber; 166mg Cholesterol; 836mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.