

Sweet Potato Crab cakes

Taste of Home

Servings: 6

1 egg, beaten
1 egg yolk, beaten
1 medium green pepper, finely chopped
1/2 cup dry bread crumbs
1/4 cup cornmeal
1/4 cup mashed sweet potato
1 green onion (white part only), chopped
2 tablespoons fresh parsley, minced
2 tablespoons lemon juice
2 tablespoons mayonnaise
2 teaspoons seafood seasoning
2 teaspoons ground mustard
1 1/2 teaspoons salt-free Southwest chipotle seasoning blend
4 cans (6 oz) lump crabmeat, drained
1/2 teaspoon salt
1/4 cup canola oil

In a large bowl, combine the egg, egg yolk, pepper, bread crumbs, cornmeal, sweet potato, onion, parsley, lemon juice, mayonnaise, seafood seasoning, mustard and seasoning blend. Fold in crab. Form into 12 patties; sprinkle with salt.

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

Per Serving (excluding unknown items): 288 Calories; 16g Fat (51.0% calories from fat); 20g Protein; 15g Carbohydrate; 1g Dietary Fiber; 143mg Cholesterol; 567mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.