



# Sparkle Kitchen

## **Crab Cakes**

*(Makes about 10, 4-inch cakes)*

### **Ingredients**

- 1 6.5-ounce can of crab meat or equivalent
- 1 cup panko bread crumbs
- juice and zest of 1 lemon
- 2 tablespoons mayonnaise
- 1 tablespoon mustard
- 3 green onions, diced
- 1 egg
- 1 teaspoon Old Bay (or similar) seasoning
- 2-3 tablespoons vegetable oil or coconut oil for frying

### **Directions**

In a large mixing bowl, combine all of the ingredients except the oil. Using clean hands, squeeze the mixture into evenly sized patties.

Meanwhile heat the oil in a large skillet. Add the crab cakes in batches — being careful not to crowd the pan — and cook for about 3 minutes per side, or until they're golden brown.

The finished cakes can be kept warm in a 200 degree oven while you finish cooking the rest. We like to eat our crab cakes with a simple salad and a big dollop of Greek yogurt on the side.

Enjoy!