

Maryland Crab Cakes with Horseradish Sauce

Bite-size tidbits of this East Coast seafood classic are certain to bait your guests, especially when served with a zippy sauce.

- 1 6-ounce package frozen cooked crabmeat, thawed, drained, and flaked
- ½ cup fine dry bread crumbs
- 1 green onion, finely chopped (2 tablespoons)
- 2 tablespoons finely chopped green sweet pepper
- 2 tablespoons mayonnaise or salad dressing
- ½ teaspoon dry mustard
- ½ teaspoon finely shredded lemon or lime peel
- 1 egg white
- ¼ teaspoon pepper
- Horseradish Sauce
- Green onion brush (optional)
- Carrot curls (optional)

■ **Combine** crabmeat, bread crumbs, green onion, sweet pepper, mayonnaise or salad dressing, mustard, citrus peel, egg white, and pepper; mix well. (If mixture seems dry, stir in 1 tablespoon *milk*.) Gently shape into 18 small patties. Spray a shallow baking pan with *nonstick spray coating*. Place patties in pan.

■ **Bake** in a 350° oven about 15 minutes or till the patties are a light golden brown. Serve hot with Horseradish Sauce. Garnish plate with green onion brush and carrot curls, if desired.

Makes 18

Horseradish Sauce: Stir together ¼ cup *plain yogurt*, 2 tablespoons *mayonnaise or salad dressing*, 2 tablespoons finely chopped *green onion*, 1½ teaspoons *prepared horseradish*, and 1 teaspoon snipped fresh *parsley*.

Nutrition facts per serving (2 crab cakes and 1 tablespoon sauce): 52 cal., 3 g total fat (0 g sat. fat), 13 mg cholesterol, 84 mg sodium, 3 g carbo., 0 g dietary fiber, 3 g pro.

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