

Louisiana Crab Cakes

Prep: 10 mins. Cook: 8 mins. Serves: 6-8

Ingredients

1/2 c. finely diced bell pepper, celery and onion, sauteed
2 T. butter for sautéing vegetables
1/2 c. mayonnaise
2 large eggs, beaten
1 T. Dijon mustard
2 tsp. Creole seasoning
1 tsp. Old bay seasoning
1 tsp. parsley
1 lbs. fresh crabmeat, drained, cartilage removed
2 T. butter, melted
3/4 c. panko breadcrumbs
1 tsp. hot sauce (optional)
Canola oil for frying
Cooking spray



Instructions

1. Drain and remove any shell pieces from the crab meat.
2. In a large skillet, cook the bell pepper, celery and onions in 2 tablespoons of butter until tender.
3. In a medium bowl, combine mayonnaise, eggs, mustard, Creole seasoning, Old Bay seasoning, and parsley.
4. Gently fold in crab meat, melted butter and panko breadcrumbs. Place the crab cakes in the refrigerator for about 15 minutes.
5. Heat oil in the same skillet at a medium heat.
6. Form crab mixture into cakes and cook for 3-5 minutes per side, then remove from the skillet on a paper towel lined tray.

Serve with your favorite dipping sauce and enjoy!