



Best Ever Crab Cakes

Ingredients:

- 1 tub/container lump crab (4-6 oz)
- ½ of a red, orange or yellow bell pepper, diced
- ½ cup onions, chopped
- ¼ cup mayonnaise
- ½ cup bread crumbs
- Dash hot sauce
- Salt, pepper, chili powder to taste

Note: For this recipe, you can substitute the crab with any seafood of your choice such as: salmon, tuna, chopped shrimp, lobster, white fish, etc.

Method:

- Sauté onion and bell pepper in a pan with 1 tablespoon oil or butter. Remove from pan and cool.
- Mix together remaining ingredients in a bowl and let rest for 5 minutes.
- Add the onion and pepper mixture to the crab mixture. Form into 4 cakes about the size of your palm.
- Cook in a hot pan until brown on each side.
- Serve with a lime/mayo or hot sauce/mayo mixture on the side. Plain Greek yogurt also works well in this recipe and for the sauce.

Serve with a side salad for a beautiful meal. Try this Garlic Bomb Vinaigrette:

- 1 cup olive oil
- 1/3 cup red wine or balsamic vinegar
- 3-5 cloves garlic pressed or minced
- 1 tablespoon yellow or Dijon mustard
- Salt & pepper to taste